



ESSENTIAL OIL
TRANSFORMATION

ESSENTIAL OILS Guide



Essential oils are organic compounds extracted from plants with tremendous healing properties. Using essential oils for healing purposes is often called aromatherapy, which is a holistic treatment seeking to improve physical, mental and emotional health.

For over 5,000 years, many different cultures have used these healing plant oils for a variety of health conditions. They are often used for relaxation, beauty care, home cleaning and most often used as natural medicine.

Just adding some of the most common essential oils like lavender, frankincense, lemon, peppermint and tea tree oil to your natural medicine cabinet can:

- Fight cold and flu symptoms
- Relax your body and soothe sore muscles
- Heal skin conditions
- Alleviate pain
- Balance hormones
- Improve digestion
- Reduce cellulite and wrinkles
- Clean your home
- Used in homemade personal care products

What Are Essential Oils?

Essential oils are extracted directly from the bark, flower, fruit, leaf, seed or root of a plant or tree, and just one drop can have powerful health benefits.

They are typically created through the process of distillation, which separates the oil- and water-based compounds of a plant by steaming.

Essential oils are highly concentrated oils that have a strong aroma. By concentrating the oils of these plants, you are literally separating the most powerful healing compounds of a plant into a single oil.

For instance, *in order to get 1 single 15 mL bottle of rose essential oils, it take 65 pounds of rose pedals!*

These therapeutic oils in plants protect the plant from insects, shield the plant from a harsh environment and help them adapt to their surroundings. By taking essential oils, you are harnessing the protective and healing powers of a plant.



Essential oils are composed of very small molecules that can penetrate your cells, and some compounds in essential oils can even cross the blood-brain barrier. They differ from fatty oils (like those in vegetables or nuts) that come from large molecules because they cannot penetrate your cells, so they are not therapeutic in the same manner.

History of Aromatherapy

Since the use of essential oils is present in many countries, it is difficult to pinpoint where the practice originated. Oils have been used by the Jews, Chinese, Indians, Egyptians, Greeks and Romans both as cosmetics and perfumes, and for their medicinal purposes. Some cultures even used oils in spiritual rituals.

In 1928, French chemist, René-Maurice Gattefossé used lavender oil to heal a burn on his hand. He then decided to further analyze the properties of lavender oil and

how it could be used to treat other types of skin infections, wounds or burns.

With this the science of aromatherapy was born. Gattefossé's main goal was to help injured soldiers during World War I. The use of these oils began to spread, especially with practitioners of alternative medicine, such as massage therapists and beauticians throughout Europe.

Aromatherapy did not become popular in the United States until the 1980s, when essential oils began to be added to various lotions, candles or other fragrances.

There are also trained professionals such as aromatherapists, physical therapists, massage therapists, nutritionists or even doctors of natural medicine who use aromatherapy in their practice and are trained in specific uses for essential oils.

Essential Oils Now Used in Medical Hospitals

Aromatherapy has a variety of health benefits and can be used in various settings. It is a great non-invasive way to treat a variety of medical conditions and can be used safely in combination with many other therapies.

Many traditional hospitals like Vanderbilt University Hospital are catching onto the benefits of essential oils and are using them in the treatment of anxiety, depression and infections in hospitalized patients.

A 2009 study found that pre-operative patients who received aromatherapy with lavender oil were significantly less anxious about their surgery than controls. Other oils such as sandalwood, neroli oil and lavender oil have also been used in traditional medicine to help patients better manage anxiety.

Certain essential oils have also been used by midwives to help reduce fear and anxiety during childbirth. A 2007 study in the *Journal of Alternative and Complementary Medicine* suggests that women who used aromatherapy during labor reported less pain overall and were able to use fewer pain medications.

Essential oils can also have antibacterial or antifungal benefits used in medical settings. Many oils when massaged on the skin can heal or help treat skin conditions, such as burns or cuts and scrapes. Others may help boost the immune system, help with insomnia, and aid with digestion.

Essential oils are even being used to fight cancer and there is a plentiful amount of research on frankincense shrinking brain tumors.

Top 15 Essential Oils Health Benefits

Each and every essential oil contains compounds with unique healing and therapeutic benefits. Here are some of the most popular essential oils and how to use them.

- 1. CLOVE:** Antibacterial, anti-parasitic and antioxidant protection.
- 2. CYPRESS:** Improves circulation, reduces varicose veins, lifts confidence and can help heal broken bones.
- 3. EUCALYPTUS:** Improves respiratory issues like bronchitis, sinusitis and allergies. Also invigorates and purifies the body.
- 4. FRANKINCENSE:** Builds immunity, reduces inflammation, heals age spots, supports the brain and fights cancer.

5. GINGER: Reduces inflammation, supports joints, improves digestion, and relieves nausea.

6. GRAPEFRUIT: Supports metabolism and cellulite reduction. Mix with coconut oil and rub on areas of cellulite, or take a few drops internally with water.

7. LAVENDER: Helps with relaxation, improves mood, and heals burns and cuts.

8. LEMON: Great to use in homemade cleaning products, improves lymph drainage, and cleanses the body.

9. MYRRH: Natural antiseptic and can prevent or reduce infections. Also, supports beautiful skin, reducing stretch marks and restoring balance.

10. OREGANO: Powerful antimicrobial properties, can kill fungus and help you kick a cold fast.

11. PEPPERMINT: Supports digestion, improves focus, boosts energy, fever reducer, headache and muscle pain relief.

12. ROSE: Incredible for reducing skin inflammation and great for creating glowing skin. Add a few drops to your facial moisturizer. Also, one of the most valued essential oils in the world at \$1000+ for 15mL.

13. ROSEMARY: Can naturally thicken hair, so it is great to add to homemade shampoos. Also, it improves brain function and memory, so it's great to use when working, reading or studying.

14. TEA TREE OIL (MELALEUCA): Natural antibacterial, antifungal, reduces bad

odors, and can help stimulate the immune system.

15. SANDALWOOD: Natural aphrodisiac that improves libido and can also improve energy.

Different oils can be blended together to enhance each other's energy, or can be blended with a base oil to be used for massage, shower gels or body lotions.

Essential Oil Applications

Ready to let essential oils guide you back to health? Here are the 4 most common ways these healing oils are used today:

TOPICALLY – Essential oils have a very low chemical weight of less than 1000m (m = weight of molecule). According to scientific testing, any substance with a molecular weight below 1000m should be absorbed by the skin.

This means that essential oils are able to penetrate the skin and pass into the bloodstream and into different areas of the body for internal therapeutic benefits.



AROMATICALLY – There is great evidence that essential oils are absorbed into the bloodstream when inhaled. The large amount of blood vessels in the lungs absorb the oils and then circulates them throughout the body.

Using a diffuser can help you experience the benefits of essential oils. You can diffuse lavender to reduce stress, melaleuca to cleanse the air, wild orange to improve mood, frankincense for spiritual enlightenment, and peppermint to

improve focus and energy.

INGESTION – Essential oils can be used as a powerful form of medicine, but it should be remembered that, again, essential oils are powerful. Most essential oils are safe for internal use, but a little bit goes a long way. Usually 1-3 drops is plenty mixed with water.



Oils like peppermint, lemon and frankincense have great internal benefits and can be taken with water. Other essential oils like clove and oregano need to be diluted and shouldn't be taken internally for more than one week.

PERSONAL CARE – Today, the fastest way essential oils are being used is by making homemade DIY personal care products. This is an excellent way to take advantage of essential oils to improve your beauty, home and long-term health.



Some of the best DIY recipes to use essential oils with include: shampoo, body butter, toothpaste, bug spray, lip balm and household cleaner.

Best Carrier Oils for Aromatherapy

Essential oils can pass through the skin and into the body quickly. But, if you want to keep the oils on your skin, dilute them by combining with carrier oils to create more gentleness on the skin.

These larger oils that come from the fatty part of the plant can increase the length of time the essential oils stay on your skin and also prolong the aromatherapy effects.

Some people mistakenly think using carrier oils reduces the effectiveness of the oil, but often it can be the opposite. Dilution increases the surface area of absorption and, with certain oils, can prevent sensitivities.

Mixture amount chart

Carrier Mixture	1%	2%	5%	10%
1 Teaspoon	1 drop	2 drops	5 drops	10 drops
1 Tablespoon	3 drops	6 drops	15 drops	30 drops
1 fluid ounce	6 drops	12 drops	30 drops	60 drops

Common carrier oils include:

- Almond oil
- Avocado
- Coconut oil
- Jojoba oil
- Olive oil
- Pomegranate seed oil

For most people, I recommend **10% dilution**, which is **5 drops of oil per 1/2 teaspoon**.

Essential Oils for Skin and Beauty

The skin and beauty industry is a billion-dollar industry; unfortunately, it's filled with chemicals and hydrogenated oils that cause internal toxicity in the body.

The good news is you can create your own skin and beauty products that are more effective than any conventional product on the market. Here are some benefits of specific oils:

CALM IRRITATED SKIN: lavender and Roman chamomile

REDUCE AGE SPOTS: frankincense

THICKEN HAIR: rosemary and sage

NATURAL SPF SKIN PROTECTION: helichrysum and myrrh

IMPROVE ACNE: melaleuca (tea tree) and geranium

Here are some of my favorites DIY recipes for making personal care products:

[Body butter](#)

[Healing bath salts](#)

[Anti-aging serum](#)

[Deodorant](#)

[Sunscreen](#)

Essential Oils for Hair Growth

Essential oils can make a significant difference at stopping hair loss in its tracks.

Oils of rosemary, lavender and sage can all help naturally thicken hair by stimulating the hair follicles.

Clary sage and lavender support hair growth by balancing estrogen levels and rosemary essential oil works by inhibiting DHT (dihydroxy-testosterone), which stops hair loss.

Here is how to naturally thicken hair with essential oils:

- 1 Put 10 drops of rosemary oil and 5 drops of lavender oil on different areas of your scalp.
- 2 Gently massage into scalp for 2 minutes.
- 3 Put a hot towel around your head and sit for 20 minutes.
- 4 Finally, wash hair with natural homemade shampoo.

Also, try these homemade recipes: [Rosemary Mint Shampoo](#) and [Coconut Lavender Shampoo](#).

Essential Oil Bug Spray

Bugs and mosquitoes can cause big problems in certain areas of the world. These pests can ruin vacations, BBQs and special occasions. To keep bugs at bay, you can make a [homemade natural bug spray](#) that works!

Unfortunately, most people turn to chemicals sprays like DEET that are highly toxic to the body instead of using all-natural mosquito repellent and essential oil bug sprays.

Here are the top essential oils to repel insects:

- Lemongrass
- Eucalyptus
- Citronella
- Peppermint
- Clove
- Rub or spray all over body to repel bugs.



Natural First Aid Kit

Having a homemade first aid kit on hand for the everyday wound, sting, sunburn, muscle pain or injury is always a good idea.

Essential oils are used widely as natural medicine, but without the side effects of conventional drugs like aspirin and antibiotics.

Here are some of the most common essential oils everyone should have stored in their personal medicine cabinet:

- **Lavender:** To heal burns, cuts, rashes, stings, reduce anxiety and help sleep after trauma.
- **Peppermint:** To improve pain in joints and muscles, relieve digestive issues, reduce fevers, clear sinuses, improve asthma and bronchitis, and relieve headaches.
- **Frankincense:** Anti-inflammatory, heal bruising, reduce scars, boost immunity

and emotional well-being.

- **Melaleuca:** Antibacterial, antifungal, can be used to prevent and reduce infection and clean air of pathogens and allergens.

Other oils you may want to have on hand to make over your medicine cabinet include: eucalyptus, oregano and clove.

Essential Oils for Weight Loss

When it comes to losing weight, most everyone understands that improving diet and doing the right type of exercise can support weight loss.

But, oftentimes people want an extra boost to help them reach their weight loss goals. Unfortunately, most people turn to stimulants and caffeine for fat loss rather than plant-based medicine.

These four essential oils have been proven to support fat loss:

- **GRAPEFRUIT OIL** contains d-limonene, which is found in citrus peels. A study found that supplementing d-limonene improved metabolic enzyme levels.
- **PEPPERMINT OIL** has been shown to improve weight loss because it suppresses cravings and improves digestion.
- **CINNAMON OIL** helps balance blood sugar levels, which will assist in weight loss and improve diabetes.
- **GINGER OIL** contains gingerol, which has powerful anti-inflammatory properties, and increases thermogenesis, which boosts metabolism.

Essential Oil Contraindications

Because essential oils can act as a powerful form of natural medicine, there are a few instances where they are not recommended for usage:

PREGNANCY – Basil, cinnamon, clary sage, clove, cypress, fennel, jasmine, juniper, marjoram, myrrh, rose, rosemary, sage and thyme.

In most cases, these oils are completely healthy, but because they can affect hormones, they are not recommended at this stage.

HEART MEDICATIONS (BLOOD THINNERS) – Clary sage, cypress, eucalyptus, ginger, rosemary, sage and thyme.

Overall, aromatherapy is a great and inexpensive way to help promote healing, relaxation and well-being without adverse side effects.

Essential Oil Quality

This is one of the most vital things you must know about essential oils: Not all essential oils are created equally. In fact, most of them are worthless to your health and often synthetic. When buying essential oils, make sure they are certified pure therapeutic grade.

*What are your favorite essential oils? How do you use them?
Did you learn anything new in this essential oils guide?*

A glass bottle of peppermint oil is shown on a wooden surface, surrounded by fresh mint leaves. The bottle is partially filled with a golden-brown liquid. The background is softly blurred, showing more mint leaves and the wooden texture. A semi-transparent teal banner is overlaid across the middle of the image, containing the text "PEPPERMINT OIL" in white, bold, uppercase letters.

PEPPERMINT OIL

Pleasantly suitable for an abundance of oral and topical uses, peppermint may be the most versatile essential oil in the world, along with lavender. Literally, there are few body, health and mind issues that it cannot help.

Peppermint essential oil gives a cooling sensation and has a calming effect on the body, which can relieve sore muscles when used topically. It also has antimicrobial properties, so it can help freshen bad breath and soothe digestive issues.

Peppermint is a hybrid species of spearmint and water mint (*Mentha aquatica*). The essential oils are gathered by steam distillation of the fresh aerial parts of the flowering plant. The most active ingredients include menthol (35–45%) and menthone (10–30%).

Clinically speaking, peppermint oil is recommended for its anti-nausea benefits and soothing effects on the gastric lining and colon because of its ability to reduce muscle spasms.

Not only is peppermint one of the oldest European herbs used for medicinal purposes, other historical accounts date its use to ancient Chinese and Japanese folk medicine. It's also mentioned in Greek mythology: The nymph Mentha was transformed into an herb by Pluto, who had fallen in love with her and wanted people to appreciate her for years to come.

The health benefits of peppermint oil have been documented back to 1,000 BC and have been found in several Egyptian pyramids.

Peppermint Oil Benefits

Some of the most common benefits of peppermint essential oil include:

- Reduces stomach aches
- Freshens breath
- Relieves headaches
- Improves mental focus
- Clears respiratory tract
- Boosts energy
- Releases tight muscles
- Cost-effective natural solution to replace pharmaceutical drug

I cannot honestly think of one reason why anyone on the planet would choose not to have peppermint oil in his or her medicine cabinet at home!

Top 25 Peppermint Oil Uses

Ready to start harnessing the health benefits of peppermint? If so, here are 25 ways to use this incredible herb:

1. MUSCLE PAIN RELIEF: Peppermint essential oil is a very effective natural painkiller and muscle relaxant. It is especially helpful in soothing an aching back and sore muscles, plus melting away a tension headache. A study shows that peppermint oil applied topically can help relief pain associated with fibromyalgia and myofascial pain syndrome. The study found that peppermint oil, eucalyptus, menthol, capsaicin and other herbal preparations may be helpful.⁽¹⁾ Try my recipe for [homemade muscle rub](#) to ease muscle pain.

2. SINUS CARE: Inhaling diffused peppermint oil can oftentimes immediately unclog your sinuses and offer relief to scratchy throats. Peppermint acts as an expectorant and may provide relief for colds, cough, sinusitis, asthma and bronchitis.

3. JOINT THERAPY: When your joints get achy, applying some pure peppermint oil mixed with lavender oil can cool muscles like an ice bath, but help you to stay warm and dry.

4. REDUCE HUNGER CRAVINGS: Inhaling peppermint essential oil can stave off the munchies and can help you feel full faster. If you can't have a diffuser with you at dinnertime, try applying a couple of drops on your temples or chest, or take a couple of deep sniffs from the bottle.

5. NATURAL ENERGIZER: For a non-toxic alternative to dangerous energy drinks, take a few whiffs of peppermint. It will perk you up on long road trips, in school, or any other time you need to "burn the midnight oil." For those with chronic fatigue syndrome, peppermint oil may improve focus and concentration.

6. IMPROVE YOUR SHAMPOO: Add 2-3 drops of peppermint essential oil to your regular morning shampoo and conditioner to stimulate the scalp, energize your mind and wake up! Because it is a powerful antiseptic, peppermint can also help remove dandruff and lice. Try my [homemade rosemary mint shampoo](#), a safe and economical shampoo for you and your family.

7. ALLERGY RELIEF: Peppermint oil is highly effective at relaxing muscles in your nasal passages and can help clear out the muck and pollen during allergy season. Diffusing peppermint along with clove oil and eucalyptus oil can also reduce allergy symptoms.

8. ADHD SUPPORT: Try spritzing some peppermint oil on your child's shirt before study time or placing a drop on her tongue or under her nose for improved concentration and alertness.

9. ANTI-ITCH: Whether you're battling a rash or poison ivy, applying some peppermint oil mixed with lavender oil is certain to cool and soothe any itch.

10. FEVER REDUCER: Because of peppermint oil's cooling effects, it is an excellent natural treatment to bring down a fever, especially in children. Simply mix peppermint oil with coconut oil and rub it on a child's neck and on the bottom of their feet to help stabilize a fever, instead of using aspirin or other drugs.

11. NATURAL BUG REPELLENT: Ticks aren't the only bugs that hate peppermint oil. In fact, ants, spiders, cockroaches, mosquitoes, mice and even lice will be repelled.

12. SKIN HEALTH: Peppermint oil has calming effects on skin inflammation. You can mix peppermint oil into lip balm and body lotion for a nice cooling sensation. Try my [lavender mint lip balm](#) to nourish lips throughout the year. Mixing peppermint and lavender essential oils can improve eczema and psoriasis when applied topically.

13. ACNE TREATMENT: According to medical studies peppermint has anti-microbial properties, so it's an excellent ingredient to help cure acne naturally.

14. HEADACHE CURE: Peppermint oil has the ability to improve circulation, heal the gut, and relax tense muscles. All of these conditions can cause tension headaches or migraines, making peppermint oil an excellent natural treatment. A study from researchers at the Neurological Clinic at the University of Kiel, Germany,

found that a combination of oils, including peppermint oil, had “significant analgesic effect with a reduction in sensitivity to headaches.” The oils were applied to the forehead and temples for pain relief.(2)

15. HAIR GROWTH: Peppermint oil is used in many high-quality hair care products because it can naturally thicken and nourish damaged hair. Simply add some peppermint oil to your current shampoo or make your own [homemade rosemary mint shampoo](#) that can help stop hair loss and thinning.

16. SUNBURN RELIEF: Peppermint oil can hydrate burned skin and relieve the pain from sunburns. You can mix peppermint oil with a bit of coconut oil and apply it directly to the affected area, or make my natural [homemade sunburn spray](#) to relieve pain and support healthy skin renewal.

17. IBS TREATMENT: Peppermint oil taken internally in capsule form has been proven to be effective at naturally treating IBS (irritable bowel syndrome). One study found a 50% reduction in IBS symptoms with 75% of patients who used it.(3)

18. IMPROVE BLOATING AND INDIGESTION: Peppermint oil has been established as a natural alternative to reduce spasms of the colon. It works by relaxing the muscles of your intestines, which can also reduce bloating and gas. Try peppermint tea or adding one drop of peppermint oil to your water before meals.

19. FRESHEN BREATH AND REDUCE CAVITIES: Tried and true for well over 1,000 years, peppermint has been used to naturally freshen breath. According to studies, peppermint oil performed better than the mouthwash chemical, chlorhexidine, at reducing cavities. You can make homemade toothpaste, [mouth wash](#), or add a drop under your tongue followed with glass of water to freshen breath.

20. REDUCE NAUSEA: A medical study found that peppermint oil reduced nausea that is induced by chemotherapy better than standard medical treatments. Simply add a drop of peppermint oil to water, rub 1-2 drops behind your ears or even diffuse it to help to reduce nausea.

21. RESPIRATORY BENEFITS: Peppermint essential oil has the ability to open your airways and act as a decongestant. Mix it with coconut oil and eucalyptus essential oil to make my [homemade vapor rub](#) to help reduce the symptoms of asthma and bronchitis.

22. COLIC: Medical research has discovered using peppermint oil is equally effective as prescription drugs for treating infantile colic, without the side effects associated with prescribed medications. Peppermint oil is an essential part of my [natural remedies for colic](#).

23. TEETHING: Peppermint oil is a great natural remedy to relieve the pain associated with teething in infants. Simply mix peppermint oil with coconut oil at a 1:1 ratio and rub on the gum area.

24. BALANCE HORMONES AND RELIEVE SYMPTOMS OF PCOS: A recent study found that peppermint oil may have hormone balancing effects and be therapeutic for polycystic ovarian syndrome. The study confirmed that spearmint has antiandrogen properties, and researchers believe initial results warrant further studies.[\(4\)](#)

25. CANCER TREATMENT: Clinical research indicates that peppermint contains the compound menthol, which inhibits prostate cancer growth. Also, studies found peppermint protects against radiation-induced DNA damage and cell death.[\(5\)](#)

Peppermint Oil Studies and Research

At the time I wrote this article, there were 302 scientific studies referring to peppermint essential oils and 2297 about menthol. Believe me when I tell you, the research out there is airtight! If you make it a point to incorporate this powerful remedy into your daily routine, I promise you that your life will change in more ways than you can imagine.

Take, for instance, a 2012 study out of Clayton State University that tested peppermint oils ability to reduce postoperative nausea and vomiting. Generally occurring as a common side effect of general anesthesia, about one-third of all people undergoing surgery suffer from these conditions at various degrees of intensity.

For moms who just had a C-section, this can be especially devastating, as it is very likely to interfere with breastfeeding and could prevent them from that wonderful bonding experience with their baby.

The study tested evaluated how 35 moms responded to this ancient aromatherapy and discovered that peppermint essential oil was not only quite effective in reducing post-operative nausea and vomiting, it “significantly lowered” the sickness levels of participants compared to women who received standard anti-nausea medications.

More than just aromatherapy, just one drop of peppermint oil rubbed on the stomach or taken internally can calm indigestion in no time flat. The powerful ability of peppermint to help with gastrointestinal concerns has just been tapped by the scientific community.

New research has found peppermint can improve antibiotic resistance and help heal your body from the overuse of prescription antibiotics and other chemicals that affect your body. This is probably part of the reason it is so effective in treating IBS.

A combined medical study of all the literature on peppermint's ability to cure irritable bowel syndrome (IBS) was just published this July and, of the nine studies combined, they stated:

"Peppermint oil was found to be significantly superior to placebo for overall improvement of IBS symptoms and improvement in abdominal pain." They concluded, "Peppermint oil is a safe and effective short-term treatment for IBS."

Peppermint Oil To Repel Bugs

Growing up in mosquito country, one of my favorite uses for peppermint oil is definitely to repel bugs!

A study that was published out of Israel last year compared how seven different commercial bug repellents fared against each other. As you'd expect it, the All-Natural Essential Oil Mosquito Repellent (which is a blend of cinnamon, eugenol, geranium, peppermint and lemongrass oils) was tied as the most effective mosquito repellent with a commercial chemical-based repellent. A further study showed that peppermint oil resulted in 150 minutes of complete protection time against mosquitos, with just 0.1 mL of oil applied on the arms.[\(6\)](#) The researchers noted that after 150 minutes, the efficacy of peppermint oil decreased and needed to be reapplied.

Peppermint Recipes

One final way I would encourage you to use peppermint is as part of your diet. Here are some of my favorite peppermint recipes:

[Homemade Peppermint Patties](#)

[Mint Chocolate Protein Shake](#)

[GI Healing Juice](#)

Concerns and Potential Interactions

Peppermint oil is *likely safe* when taken by mouth in amounts commonly found in food, and when used topically.⁽⁷⁾ Ingesting peppermint oil may cause side effects for some that include heartburn, flushing, mouth sores and headache. Some prescription medications and over-the-counter medications may adversely interact with peppermint oil. Enteric-coated peppermint oil supplements may cause rapid-dissolving, leading to heartburn, nausea and rapid absorption of some medications. Take necessary precautions.

Natural supplement precautions:

Peppermint can reduce the absorption of iron when taken simultaneously. If taking iron supplements and peppermint oil, allow at least three hours between the two. Peppermint oil also increases the absorption of quercetin when taken at the same time; allow at least three hours between consumption when taking these together.



FRANKINCENSE OIL



What is Frankincense?

Essential oils have been used for thousands of years for their therapeutic and healing properties as part of the practice of aromatherapy. Essential oils are sourced from leaves, stems or roots of plants that are known for their health properties.

So, what is frankincense?

Frankincense, sometimes referred to as olibanum, is a common type of essential oil used in aromatherapy that can offer a variety of health benefits: helping to relieve chronic stress and anxiety, reducing pain and inflammation, boosting immunity, and even fighting cancer.

Frankincense essential oil is sourced from the resin of the *Boswellia carterii* or *Boswellia sacara* tree that is commonly grown in Somalia. This tree is different from many others in that it can grow with very little soil in dry and desolate conditions.

The word Frankincense comes from the word “franc encens,” which means quality incense in old French. Frankincense has been associated with many different religions over the years, especially the Christian religion, as it was one of the first gifts given to Jesus by the wise men.

What Is Frankincense Essential Oil Used For?

Frankincense oil is used by either inhaling the oil or absorbing it through the skin, usually mixed with a carrier oil such as an unscented lotion or jojoba oil. It is believed that the oil will transmit messages to the limbic system of the brain, which is



known to influence the nervous system. A little bit of oil goes a long way; it should not be ingested in large quantities, as it can be toxic.

If you are purchasing essential oils, avoid oils that say “fragrance oil” or “perfume oil,” as these can be synthetic and will not provide the desired health benefits. Instead, look for oils that say “pure essential oil” or “100% essential oil” for the highest quality essential oils.

Top 8 Frankincense Uses

1. STRESS RELIEVING BATH-SOAK

Frankincense oil will immediately induce the feeling of peace, relaxation and satisfaction. Add a few drops of frankincense oil to a hot bath for stress relief. You can also add frankincense to an oil diffuser or vaporizer to fight anxiety and for experiencing relaxation in your home all the time. Some people believe that the fragrance of frankincense can increase your intuition and spiritual connection.



2. NATURAL HOUSEHOLD CLEANER

Frankincense oil is an antiseptic, meaning it will help eliminate bacteria and viruses from your home and clean indoor spaces. The plant has been commonly burned to help disinfect an area and is used as a natural deodorizer. Use it in an essential oil diffuser to help reduce indoor pollution and to deodorize and disinfect any room or surface in your home.

3. NATURAL HYGIENE PRODUCT

Due to its antiseptic properties, frankincense oil is a great addition to any oral hygiene regimen. Look for natural oral care products that contain frankincense oil,

especially if you enjoy the aroma. It can help prevent dental health issues like tooth decay, bad breath, cavities or oral infections. You can also consider making your own toothpaste by mixing frankincense oil with baking soda.



4. ANTI-AGING & WRINKLE FIGHTER

Frankincense essential oil is a powerful astringent, meaning it helps protect skin cells. It can be used to help reduce acne blemishes and the appearance of large pores, prevent wrinkles, and it will even help lift and tighten skin to naturally slow signs of aging. The oil can be used anywhere where the skin becomes saggy, such as the abdomen, jowls or under the eyes. Mix six drops of oil to one ounce of unscented oil and apply it directly to the skin. Be sure to always use on a small area first to test for possible allergic reactions.

5. RELIEVES SYMPTOMS OF INDIGESTION

If you have any digestive distress, such as gas, constipation, stomach aches, irritable bowel syndrome, PMS or cramps, frankincense oil can help relieve gastrointestinal discomfort. It helps speed up the digestion of food, similar to digestive enzymes. Add 1-2 drops of oil to eight ounces of water or to a tablespoon of honey for GI relief. If you are going to ingest it orally, make sure it is 100% pure oil — do not ingest fragrance or perfume oils.



6. SCAR, WOUND, STRETCH MARK OR ACNE REMEDY

Frankincense oil can help with wound healing and may decrease the appearance of scars. It may also help reduce the appearance of dark spots caused from acne blemishes, stretch marks, eczema and help with healing of surgical wounds. Mix

2-3 drops of oil with an unscented base oil or lotion and apply directly to skin. Be careful of applying it to broken skin, but it is fine for skin that is in the process of healing.

7. NATURAL COLD OR FLU MEDICINE

Next time you have a respiratory infection from a cold or flu, use frankincense essential oil to help provide relief from coughing. It can help eliminate phlegm in the lungs. It also acts as an anti-inflammatory in the nasal passages, making breathing easier, even for those with allergies or asthma. Add a few drops to a cloth and inhale for the respiratory benefits, or use an oil diffuser.

8. HELPS RELIEVE INFLAMMATION AND PAIN

To improve circulation and lower symptoms of joint pain or muscle pain related to conditions like arthritis, digestive disorders and asthma, try massaging frankincense oil into the painful area or diffusing it in your home. You can add a drop of oil to steaming water and soak a towel in it, then place the towel on your body or over your face to inhale it to decrease muscle aches. Also diffuse several drops in your home, or combine several drops with a carrier oil to massage into your muscles, joints, feet or neck.

Frankincense Essential Oil Benefits

1. HELPS REDUCE STRESS REACTIONS & NEGATIVE EMOTIONS

When inhaled, it has been shown to reduce heart rate and high blood pressure. It has anti-anxiety and depression-reducing abilities, but unlike prescription medications, it does not have negative side effects and does not cause unwanted drowsiness.



2. HELPS BOOST IMMUNE SYSTEM FUNCTION AND PREVENTS ILLNESS

Studies have demonstrated that frankincense has immune enhancing abilities which may help destroy dangerous bacteria, viruses and even cancers.(1) It can be used to prevent germs from forming on the skin, mouth or in your home too. This is the reason many people choose to use frankincense for naturally relieving oral health problems; the antiseptic qualities of this oil can help prevent gingivitis, bad breath, cavities, toothaches, mouth sores and other infections from occurring.(2) (3)

3. MAY HELP FIGHT CANCER, OR DEAL WITH CHEMOTHERAPY SIDE EFFECTS

Frankincense oil has been shown to help fight cells of specific types of cancer.(4) A 2012 study even found that a chemical compound found in frankincense called AKBA is successful at killing cancer cells that have become resistant to chemotherapy.



4. ASTRINGENT — KILLS HARMFUL GERMS AND BACTERIA

Frankincense is an antiseptic and disinfectant. It has the ability to eliminate cold and flu germs from the home and the body naturally and can be used in place of chemical household cleaners.(5)

5. HEALS SKIN AND PREVENTS SIGNS OF AGING

Frankincense has the ability to strengthen skin and improve its tone, elasticity, defense mechanisms against bacteria or blemishes, and appearance as someone ages. It helps tone and lift skin, reduces appearance of scars and acne, and heals wounds. (6) It can also be beneficial for fading of stretch marks, surgery scars or marks associated with pregnancy, and for healing dry or cracked skin.



6. BALANCES HORMONE LEVELS

Frankincense oil reduces symptoms associated with menstruation and menopause by balancing hormone levels. It can help relieve pain, cramps, constipation, headaches, anxiety, nausea, fatigue and mood swings. Frankincense oil also helps with regulating estrogen production and reduces the risk of tumor or cyst development in pre-menopausal women.[\(7\)](#)



It does this by speeding up the secretion of digestive enzymes, increasing urination production, relaxing the muscles of the digestive tract, and also helps to improve circulation, which is needed for proper digestive health. It has been shown to be beneficial in reducing symptoms of leaky gut syndrome, chronic colitis, ulcerative colitis, Crohn's disease and IBS. [\(8\)](#)

7. EASES DIGESTION

Frankincense helps the digestive system to properly detox and produce bowel movements, reduce pain and cramping in the stomach, relieves nausea, helps to flush out excess water from the abdomen that can cause bloating, and even relieves PMS-related stomach pains.

8. ACTS AS A SLEEP AID

Frankincense essential oil is useful in lowering levels of anxiety or chronic stress that can keep you up at night. It has a calming, grounding scent that can naturally help you to fall asleep. It helps open breathing passages, allows your body to reach an ideal sleeping temperature, and can eliminate pain that keeps you up.



9. HELPS DECREASE INFLAMMATION AND PAIN

Frankincense can inhibit the production of key inflammatory molecules associated with conditions like arthritis, asthma, painful bowel disorders like IBS, and many more conditions. (9) It can be useful in helping to prevent the breakdown of the cartilage tissue and has been shown to significantly reduce levels of dangerous and painful inflammation, making it a natural treatment option for pain-related conditions that effect the muscles, joints and tendons.

Frankincense Interactions/Side Effects

Frankincense essential oil is extremely well tolerated, especially compared to prescription medications. To date, there are no reported serious side effects of using frankincense oil, as long as you do not ingest large quantities that can result in it becoming toxic.

Rarely, frankincense oil can cause certain reactions for some people — including minor skin rashes and digestive problems like nausea or stomach pains. Frankincense is also known to have blood thinning effects, so anyone who has problems related to blood clotting should not use frankincense oil or speak with a doctor first. Otherwise, the oil may have potential to negatively react with certain anticoagulant medications.

Frankincense Oil DIY Recipes

Frankincense oil blends well with carrier oils like jojoba oil, coconut oil or shea butter. It can be combined with other essential oils depending on the benefits you're seeking. For example, it blends well with citrus oils as a "pick-me-up," but also blends well with lavender essential oil as a relaxant. This makes it a versatile

and popular oil that lends itself well to many combinations and practical uses. Try one of these recipes to start experiencing the benefits of frankincense oil:

HOMEMADE FRANKINCENSE SOAP BAR

This homemade frankincense soap bar recipe is great for your skin! It provides hydration and vitamins while cleansing your skin! It's easy to make and free of harmful chemicals! Try it today!

Total Time: 30 minutes

Serves: 30

INGREDIENTS:

- 20-30 drops frankincense essential oil
- soap base
- 5 drops pomegranate oil
- oval bar molds or decorative soap mold

DIRECTIONS:

- 1 Put soap base in glass bowl, then place that bowl in a sauce pan with water.
- 2 Heat stove to medium and allow base to melt.
- 3 Remove from heat and let cool slightly. Then add the frankincense and pomegranate oil.
- 4 Mix well and transfer to a soap mold.
- 5 Let mixture cool fully before popping bar out of mold. Keep at room temp.

SCAR-REDUCING BODY BUTTER

Total Time: 5 minutes

Serves: 4

INGREDIENTS:

- 2 ounces shea butter or coconut oil
- 10 drops of jasmine oil
- 10 drops frankincense oil
- small container or jar to mix the ingredients

DIRECTIONS:

- 1 In a double boiler, melt the shea butter until it is liquid
- 2 Make sure the oil is not so hot that it will burn you, then add the other oils and stir together to combine. Having the shea butter be room temperature or a little warmer is best.
- 3 You can either smear it on your scar right away, or if you'd like to make it into a shelf-stable cream texture, place the mixture in the fridge until it is cool for a few minutes. Then use a hand mixer on high speed to whip the oils into a white cream.
- 4 Pour into a glass jar or containers and keep it at room temperature to use whenever you want.

SLEEP INDUCING FACIAL CREAM OR BODY RUB

Total Time: 5 minutes

Serves: 1

This all-natural night cream is great to help you fall asleep. It also doubles as a skin health-booster if you apply it to your face and may be able to help clear up blemishes or breakouts.

INGREDIENTS:

- 5 drops frankincense essential oil
- 5 drops lavender essential oil
- 1 1/2 tablespoon organic coconut oil
- 1/2 teaspoon olive oil
- small container or jar to mix the ingredients

DIRECTIONS:

- 1 Use coconut oil that is not solid, but rather is soft. If need be, heat it first in a double broiler.
- 2 Add the other oils and stir together to combine. Spread over your face and body. You may want to pat yourself off afterward to prevent the oil from seeping into your bed sheets. You can also store this to use at another time.

HOMEMADE FRANKINCENSE AND MYRRH LOTION

This Homemade Frankincense and Myrrh Body Lotion recipe is great! It brings hydration and essential vitamins and nutrients to the skin. In addition, the essential oils tone, lift, heal and protect the skin! This recipe is a must-try!

Total Time: 90 minutes

Serves: 30

INGREDIENTS:

- 1/4 cup olive oil
- 1/4 cup coconut oil
- 1/4 cup beeswax
- 1/4 cup shea butter
- 2 tablespoons vitamin E
- 20 drops frankincense essential oil
- 20 drops myrrh essential oil
- BPA free plastic lotion dispenser bottles

DIRECTIONS:

- 1 Put olive oil, coconut oil, beeswax and shea butter in glass bowl. Then place that bowl in sauce pan with water.
- 2 Heat stove to medium and mix ingredients together.
- 3 Once mixed put in refrigerator for an hour until solid.
- 4 With a regular mixer or hand mixer beat the mixture until it is whipped and fluffy. Then add essential oils and vitamin E and mix.
- 5 Fill container and store in cool place.

A photograph of a small, dark glass bottle with a white dropper cap, containing lavender oil. The bottle is placed on a light-colored, weathered wooden surface. To the left of the bottle, there are several sprigs of fresh lavender flowers. A semi-transparent purple banner is overlaid across the middle of the image, containing the text 'LAVENDER OIL' in white, bold, uppercase letters.

LAVENDER OIL

Lavender Essential Oil

Today, lavender is the most used essential oil in the world. Ancient texts tell us that lavender essential oil has been used for medicinal and religious purposes for over 2,500 years.

The Egyptians used it for mummification and as a perfume. The Romans used it for bathing, cooking and for scenting the air.

And, quite possibly the most famous usage of all, **Mary used it to anoint Jesus** with her hair, and some believe spikenard was made from lavender essential oil.

“Mary then took a pound of very costly perfume of pure nard, and anointed the feet of Jesus and wiped His feet with her hair; and the house was filled with the fragrance of the perfume.” ~ John 12:3

Many researchers claim that 2,000 year ago, **lavender was referred to as spikenard**, or simply *nard* from the Greek name for lavender, *nardus*, after the Syrian city Naarda. This really puts the power of lavender into perspective, doesn't it?

Today, lavender oil benefits your body in the following ways:

- Reduces anxiety and emotional stress
- Heals burns and wounds
- Improves sleep
- Restores skin complexion and reduces acne
- Slows aging with powerful antioxidants
- Improves eczema and psoriasis
- Alleviates headaches

TOP

7

LAVENDER OIL Benefits

1 REDUCES STRESS & ANXIETY

2 HEALS BURNS & CUTS

3 IMPROVES SLEEP

4 ALLEVIATES HEADACHES

5 IMPROVES ECZEMA & ACNE

6 BALANCES BLOOD SUGAR

7 ANTI-OXIDANT PROTECTION



So, How Far-Reaching Are Lavender's Health Properties?

The truth is, we don't know. In comparison to its rich history, science has only recently started to evaluate the range of health benefits that lavender essential oil contains.

Today, lavender is one of the most popular essential oils in the world.

To give you a feel of how potent this ancient plant is, we put together what we believe are the **top 5 health benefits of lavender oil** and the reasons you should consider using it.

Lavender Oil Benefits and Studies

1. ANTIOXIDANT PROTECTION

Arguably the most dangerous and most common risk factor for every disease that affects Americans, free radicals (toxins, chemicals, pollutants, etc.) are responsible for shutting down your immune system and can cause unbelievable damage to your body.

So, what's the solution?

Antioxidants!

The body's natural response is to create antioxidant enzymes – especially **glutathione, catalase** and **superoxide dismutase (SOD)** – which prevent these free radicals from doing their damage.

Unfortunately, your body can actually become deficient in antioxidants if the free radical burden is great enough. Sadly, this has become relatively common in the U.S. because of poor diet and high exposure to toxins.

Thankfully, natural options abound, such as lavender essential oil, which has been proven to be nature's antioxidant super hero.

For instance, researchers from China have recently discovered that lavender essential oil helps your body produce three of your bodies most powerful antioxidants, glutathione, catalase and SOD within 22 hours of using lavender essential oil!

Also, Romanian scientists have seen similar results after just seven days of inhaling lavender essential oil vapor for 60 minutes a day. They found that diffusing lavender oil protected cells from damage that can lead to cancer.

*I have many of my patients use a diffuser with their essential oils for health benefits. I personally have one going on the desk of my office and then we have the diffuser going in the living room during the day.

2. DIABETES TREATMENT

Possibly the most exciting of all research concerning lavender came out in 2014. Scientists from Tunisia set out to complete a fascinating task: to test the effects of lavender essential oil on blood sugar to see if it can help diabetes.

During the 15-day study, the results observed by researchers were absolutely amazing. **In a nutshell, lavender essential oil treatment protected the body from the following symptoms of diabetes:**

- Increase in blood glucose (the hallmark of diabetes)
- Metabolic disorders (especially fat metabolism)
- Weight gain (ever wonder why as diabetes continues to rise, so do our waistbands!)
- Liver and kidney antioxidant depletion (one of the reasons diabetes is lethal)
- Liver and kidney dysfunction (ditto)
- Liver and kidney lipid peroxidation (when free radicals “steal” necessary fat molecules from cell membranes)
- Surprisingly, the radical-scavenging antioxidant activity of lavender was actually more robust than ascorbic acid (Vitamin C)!

Does this tell us that lavender essential oil should be used as a treatment option for diabetics? Maybe.

It's just one study, but a powerful study nonetheless! We look forward to more research on this topic as natural approaches to diabetics continue to fill the scientific literature.

**You can apply lavender essential oil topically on your neck and chest, diffuse it in the air, or supplement with it for the health benefits.*

3. IMPROVES MOOD AND SUPPORTS BRAIN

In addition to the groundbreaking diabetes research we just saw, 2013 was the year lavender was put on the pedestal for its unique ability to protect against neurological damage.

Traditionally, lavender has been used to treat neurological issues like **migraines**, **stress**, **anxiety** and **depression**, so it's exciting to see that the research is finally catching up to history.

Just last November, for instance, an evidence-based study was published by the *International Journal of Psychiatry in Clinical Practice*.

The study found that supplementing with 80 mg capsules of lavender essential oil alleviates anxiety, sleep disturbance and depression.

Additionally, in the study there were no adverse side effects from using lavender oil to treat anxiety, insomnia and depression; whereas, we know pharmaceutical drugs have dangerous side effects.

And, according to research, lavender essential oil benefits don't stop there: It has also been shown to reduce symptoms and development of **Alzheimer's disease!**

Last year, the journal *Phytomedicine* published a study that highlighted that inhaling lavender essential oil vapor for 60 minutes a day was shown to prevent brain oxidative stress in rats with **dementia**.

Another study published in 2012 took 28 high-risk postpartum women and found that by diffusing lavender in their homes, they had a significant reduction of postnatal **depression** and reduced **anxiety** disorder after a four-week treatment plan of lavender aromatherapy.

Also in 2012, the Swiss journal *Molecules* printed the results of a study that shockingly proved that lavender is a viable treatment option for **stroke**. Yes, stroke!

Another study proving that lavender aromatherapy improves mood was done on people suffering from **post-traumatic stress disorder** (PTSD).

The results revealed that just 80 mg of lavender oil per day helped **decreased depression by 32.7%** and dramatically decreased **sleep disturbances, moodiness**

and **overall health status** in 47 people suffering from PTSD.

*To relieve stress and improve sleep, put a diffuser by your bed and diffuse oils while you sleep at night or in the family room while you're reading or winding down in the evening. Also, it can be rubbed topically behind your ears for the same benefits.

4. LAVENDER HEALS BURNS AND CUTS

Widely known for its antimicrobial properties, lavender has a rich history of being used to prevent various infections and combat bacterial/fungal disorders. In fact, almost 100 studies have been conducted establishing this truth over and over again.

Also, we have found that **lavender oil speeds the healing of burns, cuts, scrapes and wounds** and a big part of this is because of its antimicrobial properties.

For example, in a study evaluating how lavender's antimicrobial ability is enhanced when blended with other essential oils like clove, cinnamon and tea tree oil. Specifically, a 1:1 ratio of these oils was found to be the most effective in fighting against *Candida albicans* and *Staph aureus*, which are both common causes for many fungal and bacterial infections that lead to respiratory pneumonia and skin funguses.

**For burns or eczema, mix lavender oil with coconut oil in a 1:5 ratio for rapid healing.*



5. LAVENDER OIL BENEFITS SKIN

Most likely due to its antimicrobial and antioxidant characteristics, lavender essential mixed with aloe or coconut oil has profound benefits on your skin. Just 10 drops per one ounce of aloe vera or oil will soothe the worst sunburn and bring rapid healing to dry skin, minor cuts and scrapes.

Research has even proven its ability to speed recovery from canker sores and can prevent allergic reactions! Want to reduce age spots? Try mixing lavender oil with frankincense essential oil and put it on your skin first thing in the morning, right after you shower and right before bed. Success stories of these two oils improving age and sunspots are numerous.

6. LAVENDER OIL FOR HEADACHES

There are millions of people around the world who struggle with both tension headaches and migraine heartaches who are searching for a natural alternative to drugs. According to new medical research, lavender oil may just be that natural cure they are looking for.

According to a study published in the *European Journal of Neurology*, people struggling with migraine headaches saw a significant reduction in pain when they inhaled lavender oil for 15 minutes.

Probably the most effective natural treatment for headaches is combining lavender oil with peppermint oil and rubbing these oils on the back of the neck, the temples on the lateral side of the forehead along with inhaling it. Typically two drops of each oil in the palm of your hand then rubbed into the areas works perfectly.

7. LAVENDER FOR SLEEP AND INSOMNIA

A study on college students found that using lavender oil improved the overall quality of sleep by 60%. This included length of sleep, time it took to fall asleep, restfulness and reduced symptoms of insomnia.

Another study published in the *Journal of Alternative Complementary Medicine* found that lavender oil showed immediate improvements on five men and five women who struggled with insomnia.

If you are trying to improve your quality of sleep, diffusing lavender before or during sleep can help. Also, you can rub it directly on your neck, chest and temples, which is also effective.

If you do struggle with sleep, I have found that making a mixture of lavender oil, roman chamomile oil and magnesium oil is the best overall combination in improving sleep.

And finally, taking a healing bath by adding 15 drops of lavender oil and one cup of Epsom salts to the bathtub is another effective way to use lavender oil to improve sleep and relax the body.

Lavender Oil Uses at Home

AS A NATURAL PERFUME

Do you want to smell good without using toxic perfumes? Lavender oil is a great scent for women and for men too. You can either try adding pure oil directly to your skin, or you can dilute oil in water for a more subtle scent.

If you'd like to rub the oil right onto your skin, try adding 2-3 drops into your

palms and then rubbing your hands together. Then add the oil directly onto on your skin, clothes or hair. You can also try using two drops of lavender oil added to a spray bottle with about ½ cup of water. Shake up the spray bottle and then spray whatever you'd like. You may also want to consider combining lavender oil with other relaxing oils, like cedarwood essential oil or frankincense essential oil. Combining different oils means you have lots of versatility when it comes to different scent options, without needing to purchase many different bottled, expensive perfumes.

AS A NON-TOXIC AIR FRESHENER

The same way you use lavender oil as a perfume, you can use it around your home as a natural, toxic-free air freshener. Either spray lavender oil around your home or try diffusing it. To create a relaxing atmosphere in your bedroom before you fall asleep, try spraying the lavender oil and water mixture directly onto your bed sheets or pillow. You can try the same method in your bathroom as well, and also on your bath towels. Before taking a relaxing bath or shower, spray your towel with lavender oil so its relaxing scent is waiting for you when you step out of the shower.

AS A NATURAL, CHEMICAL-FREE LIP BALM

Lavender oil is excellent for preventing sunburns on the lips and also healing chapped, dried lips. Try adding a couple of drops of oil to shea butter, jojoba oil, coconut oil/coconut butter, or another “carrier oil” and then rubbing it into your lips for protection whenever you will be in the sun. If you are sunburned in other areas on your body, try using the same method to heal the skin more quickly and prevent itchiness and peeling that can result after a bad sun burn.

AS A REMEDY FOR STOMACH DISCOMFORT

Many people find the scent of lavender to be soothing to the stomach. If you are

feeling nauseous, or know that you are going to be traveling in a car or plane and are prone to motion sickness, spray some lavender oil on your skin and clothes or rub it into your temples, neck and palms.

AS A SECRET FLAVOR BOOSTER IN HEALTHY RECIPES

Lavender is a great flavor enhancer in things like grain-free muffins, teas and even salad dressings. Lavender oil is completely edible, but you will want to use a very small amount since the taste is very powerful. Try adding 1-2 drops to your recipes for a surprising flavor booster. Lavender is said to pair perfectly with things like dark cocoa, pure honey, cranberries, balsamic vinaigrette, black pepper and apples.

Lavender Oil Side Effects to Consider:

For most people, using lavender oil is completely safe. However, there has not been an extensive amount of scientific research done on lavender oil interactions with other medications or for its use in pregnant women, so there are certain situations where you will want to use caution.

MEDICATION INTERACTIONS

If you are already taking any prescription medication for sleep-related disorders or for depression, be cautious of the fact that lavender can increase the effectiveness of these medications. Even if you use an over-the-counter sleep aid or any type of sedatives (even cough or flu medicine), keep in mind that lavender makes many people sleepy and even somewhat drowsy, so it's best to not combine lavender oil with other medications or sleep-related supplements. If you are planning on having surgery or undergoing anesthesia in the near future, you will also want to avoid using lavender oil.

PREGNANT WOMEN AND CHILDREN

There has not been enough research done at this time to show that lavender oil is completely safe for pregnant women or women who are nursing. Because it can have a relaxing effect on muscles and can also affect hormone levels, it's not recommended that women who are in their third trimester use lavender oil. It's best to speak with your doctor about use of any essential oils when pregnant, since it has not been guaranteed that these are safe at this time.

Lavender oil is considered generally safe for children to use, although there is some concern that lavender's effect on hormone levels could be harmful for boys who have not yet gone through puberty. Although there isn't strong evidence for lavender being a hormone disrupter (only 1-2 very small studies were ever completed), parents are told to use caution if using lavender oil frequently on young children.

INGESTING LAVENDER OIL

Studies to date have primarily looked at the effects of using lavender oil topically on the skin or inhalation. There have been no negative symptoms found when three drops of oil is mixed with a carrier oil and applied directly to the skin; however, not much research has formally been done to look at the effect of swallowing the oil. Most people experience no negative symptoms when consuming lavender oil, but because of its high levels of antioxidants you would want to keep this to a minimum and be careful if you have a sensitive digestive system. There are no known food interactions of lavender oil at this time.

Where to Buy Lavender Oil?

When buying lavender essential oil, make sure you are buying from a high-quality brand that is therapeutic grade and organic, so it hasn't been sprayed with chemicals. As you can see, lavender essential oil benefits are incredible, and it has many medicinal and therapeutic uses.

References:

- Sebai H, et al. Lavender (*Lavandula stoechas* L.) essential oils attenuate hyperglycemia and protect against oxidative stress in alloxan-induced diabetic rats. *Lipids Health Dis* 2013; 12(1):189.
- de Rapper S, et al. The In Vitro Antimicrobial Activity of *Lavandula angustifolia* Essential Oil in Combination with Other Aroma-Therapeutic Oils. *Evid Based Complement Alternat Med* 2013; 2013:852049.
- Amorati R, et al. Antioxidant activity of essential oils. *J Agric Food Chem* 2013; 61(46): 10835-47.
- Hancianu M, et al. Neuroprotective effects of inhaled lavender oil on scopolamine-induced dementia via anti-oxidative activities in rats. *Phytomedicine* 2013. 15; 20(5): 446-52.
- Hichem Sebai, et al. Lavender (*Lavandula stoechas* L.) essential oils attenuate hyperglycemia and protect against oxidative stress in alloxan-induced diabetic rats. *Lipids Health Dis* 2013; 12:189.
- Wang D, et al. Neuroprotective activity of lavender oil on transient focal cerebral ischemia in mice. *Molecules* 2012; 15; 17(8):9803-17.
- Kasper S. An orally administered lavender oil preparation (Silexan) for anxiety disorder and related conditions: an evidence based review. *Int J Psychiatry Clin Pract* 2013; 17 Suppl 1:15-22.
- Conrad P, et al. The effects of clinical aromatherapy for anxiety and depression in the high risk postpartum woman – a pilot study. *Complement Ther Clin Pract* 2012 Aug; 18(3):164-8.
- Uehleke B, et al. Phase II trial on the effects of Silexan in patients with neurasthenia, post-traumatic stress disorder or somatization disorder. *Phytomedicine* 2012; 19(8-9):665-71.
- Altaei DT, Topical lavender oil for the treatment of recurrent aphthous ulceration. *Am J Dent* 2012; 25(1):39-43.
- Kim HM, et al. Lavender oil inhibits immediate-type allergic reaction in mice and rats. *J Pharm Pharmacol* 1999; 51(2):221-6.

A close-up photograph of fresh oregano leaves. The leaves are small, oval-shaped, and bright green, growing on thin, woody stems. They are set against a blurred background of more foliage and a light-colored wooden surface. A semi-transparent teal horizontal band is overlaid across the middle of the image, containing the text "OREGANO OIL" in white, bold, uppercase letters.

OREGANO OIL

Oregano Oil Benefits

Designed specifically for bacterial infections, antibiotics are medical doctors' favorite tools against most issues that walk into their offices. But **oregano oil benefits** are proving to be superior to some antibiotics, without the harmful side effects.

Unfortunately, the antibiotics prescribed by most medical doctors today have horrendous side effects including: causing antibiotic resistance, destroying good bacteria (probiotics), reducing vitamin absorption and damaging the digestive lining, causing leaky gut.

Essentially, taking this broad-spectrum approach is similar to dropping a nuclear bomb on a city instead of sending a special ops sniper team to take out the few enemy targets.

The good news is there is an incredible natural alternative to prescription antibiotics and that is oregano oil (also called oil of oregano). **Oil of oregano** contains two powerful compounds of carvacrol and thymol that have powerful antibacterial and antifungal properties.

THE PROBLEM WITH PRESCRIPTION ANTIBIOTICS

Last August, the *Wall Street Journal* printed a fantastic article highlighting this horrible disservice to trusting American patients:

Overuse of antibiotics, and prescribing broad-spectrum drugs when they aren't needed, can cause a range of problems. It can make the drugs less effective against the bacteria they are intended to treat by fostering the growth of antibiotic-resistant infections. And it can wipe out the body's good bacteria (probiotics), which help

COMMON MEDICAL OREGANO OIL USES

USED TO TREAT TOENAIL FUNGUS
Put directly on area 2x daily

**TREAT CANDIDA, YEAST
INFECTIONS AND UTIS**
Combined with Ketogenic Diet and
probiotics

**TREAT SINUS INFECTIONS AND
ALLERGIES**
Dilute in water and drink

**USED TO TREAT BRONCHITIS
AND CROUP**
Dilute in water and drink

NATURAL ANTI-BIOTIC
Take internally, mixed in water or
coconut oil

**TREAT RINGWORM AND ATHLETES
FOOT**
Mix oregano oil with coconut oil and
apply topically

TREAT GINGIVITIS
Combine oregano oil with coconut
oil and use for oil pulling



digest food, produce vitamins and protect from infections, among other functions.

In a July study published in the Journal of Antimicrobial Chemotherapy, researchers from the University of Utah and the CDC found that 60% of the time physicians prescribe antibiotics, they choose broad-spectrum ones....

A similar study of children, published in the journal Pediatrics in 2011, found that when antibiotics were prescribed they were broad-spectrum 50% of the time, mainly for respiratory conditions...

Both studies also found that about 25% of the time antibiotics were being prescribed for conditions in which they have no use, such as viral infections.

Oregano Oil Benefits Are Unstoppable!

A member of the mint family (*Labiatae*) oil of oregano is not what you put on your pizza sauce. Found in the Mediterranean, medicinal grade oregano is distilled to extract the essential oil and to preserve its healing compounds.

OIL of OREGANO BENEFITS

PROVEN TO REVERSE OR REDUCE

- BACTERIAL INFECTION
- FUNGAL INFECTION
- PARASITES
- VIRUSES
- INFLAMMATION
- CANDIDA
- ALLERGIES
- TUMORS

The infographic features a central image of a green oregano plant stem with several leaves. The text is arranged in a clean, modern layout with a dark header and a light background for the list of benefits.

Taking over 1,000 pounds of wild oregano to produce just one pound of oregano oil, it has been a precious commodity for over 2,500 years in folk medicine expanding the globe.

The predominant healing compound, carvacrol, is arguably the most important component explaining why oil of oregano is so potent.

Over 800 studies reference carvacrol in PubMed, the world's #1 database for scientific evidence-based literature, which emphasizes that research is quite supportive of its healing capacity.

To give you a sense of what I mean, carvacrol has been proven to reverse or reduce:

- Bacterial infections
- Fungal infections
- Parasites
- Viruses
- Inflammation
- Candida
- Allergies
- Tumors

Antibiotic Power

This past December, *Journal of Medicinal Food* published a study that evaluated the antibacterial activity of oregano oil against five different types bad bacteria. After evaluating the antibacterial characteristics of *oil of oregano*, it showed significant antibacterial properties against all 5 species of harmful bacteria.

Interestingly, the highest activity was observed against *E. coli*, which suggests that oregano oil should be routinely used to promote gastrointestinal health and prevent deadly food poisoning.

Two years prior, researchers from Pakistan published similar results in the journal *Revista Brasileira de Farmacognosia* in addition to proving oregano oil's ability to kill cancer cells of various types!

Oregano Oil Is More Than Just an Antibiotic

In a nutshell: Dozens of other studies confirm the fact that oregano oil can be used instead of harmful antibiotics for a number of health concerns. The rest of the research cited is supporting the fact that oregano is more than just an antibiotic. It's the **ultimate natural antibiotic!**

For instance, late last year, a study out of *European Review for Medical and Pharmacological Sciences* helped put the predominant phenol in oil of oregano in a league of its own. Shown to protect against methotrexate toxicity in rats, carvacrol was shown to prevent side effects to some of the world's most dangerous drugs!

Methotrexate (MTX) is a drug commonly used to treat a wide array of issues from cancer to rheumatoid arthritis. Well-known to have dangerous side effects, researchers from Turkey evaluated oil of oregano's ability to keep these factors at bay because antioxidants and anti-inflammatory drugs have proven to be ineffective at providing full protection against MTX.

By evaluating various markers in the sciatic nerve in mice, it was observed for the first time that carvacrol decreased the pro-inflammatory response in mice being treated by MTX. Being a relatively new concept in the research world, I expect to

see more studies testing these results because “groundbreaking” doesn’t even begin to describe the significance of this study.

In a similar way, researchers from the Netherlands have even shown that oregano oil can also “prevent bacterial overgrowth and colonization in the large intestine during oral iron therapy.” Used to treat iron deficiency anemia, oral iron therapy is well-known to cause a series of gastrointestinal issues like nausea, diarrhea, constipation, heartburn and vomiting.

It should be noted that these two studies give hope to people who long to *manage* the horrible suffering that accompanies drugs and medical interventions. For someone on chemo or taking iron therapy, these “little” things mean all the world.

Oil of Oregano Uses and Warnings

You may be asking, what limits does oil of oregano have? At this point, it’s not perfectly clear. One thing that is certain, however, is because of its insurmountable potency, medicinal use should only be administered under the guidance of a natural health expert.

I personally take oregano oil internally for a maximum of two weeks in most cases because it’s so powerful. Also, when taking internally, it should be diluted with water or mixed with coconut oil. The dried herb oregano is typically fine for pregnant women, but when using oil of oregano, pregnant women should use caution and only use if instructed by physician to do so.

A glass dropper bottle of rosemary oil is the central focus, surrounded by fresh rosemary sprigs. The bottle has a black, ribbed cap and a clear glass bulb containing a golden-yellow liquid. The rosemary sprigs are vibrant green with small, needle-like leaves. The background is a soft, out-of-focus white. A semi-transparent green horizontal band is overlaid across the middle of the image, containing the text "ROSEMARY OIL" in white, bold, uppercase letters.

ROSEMARY OIL

Considered sacred by ancient Greeks, Romans, Egyptians and Hebrews, **rosemary** (*Rosmarinus officinalis*) is much more than an aromatic herb that tastes good on potatoes and roasted lamb. It's also one of the most powerful herbs and essential oils on the planet.

Rosemary has a woody, evergreen-like scent and is part of the mint family. In recent research, it's been shown to boost nerve growth factor and support the healing of neurological tissue and brain function.

Native to the Mediterranean, the wooded evergreen has been used in folk medicine for thousands of years to:

- Improve memory
- Soothe digestive uses
- Relieve muscle aches and pains

More recently, it has become a popular ingredient in many skin and hair care products due to its antiseptic properties, and researchers are starting to dig deeper into its medicinal characteristics.

Rosemary Nutrition Profile

Having an antioxidant ORAC value of 3,300, rosemary has the same free radical fighting power as goji berries! The chemical in rosemary primarily responsible for this is *carnosol*, a phenolic diterpene also found in mountain desert sage.

In addition to being a rich antioxidant, carnosol is also known for its **anti-cancer** and **anti-inflammatory** properties, which help explain why rosemary essential oil is so potent. According to a recent article published in the journal *Cancer Letters*,

“Carnosol has been evaluated for anti-cancer property in prostate, breast, skin, leukemia, and colon cancer with promising results!”

It has also been discovered that carnosol targets cells to reduce inflammation and can also:

- Balance androgen and estrogen in the body
- Lower DHT (*dihydroxytestosterone*), thus improving hair growth and prostate health
- Reduce cancer risk
- Increase nerve growth factor, thus healing nerve tissue



According to researchers, *“It has a selective toxicity towards cancer cells versus non-tumorigenic cells and is well tolerated when administered to animals.”* In other words, carnosol acts like a military sniper who only takes out his enemy target and doesn’t damage neighboring cells like the chemotherapy nuclear-bomb approach, which kills everything in its path.

Top 4 Rosemary Essential Oil Benefits

In addition to reversing inflammation and halting the growth of cancer cells, research has uncovered that rosemary essential oil is also highly effective in several other areas.

1. ROSEMARY OIL BENEFITS HAIR GROWTH

When applied over the scalp, rosemary essential oil helps stimulate hair growth.

Many people also claim that it can prevent baldness, slows graying, and can be used to treat dandruff and dry scalp. After testing a hair lotion that he patented, Francesc Casadó Galcerá found that a mixture of hops, rosemary and swertia produced some pretty remarkable results:

- A 22.4% increase in new hair growth.
- An increase in “rapid” hair growth.
- An increase in microcirculation of the scalp, which promotes healing.
- An improvement in the ability of hair to resist traction.
- A decrease in hair loss after shampooing.

To experience how rosemary oil benefits hair growth, try using this homemade [DIY rosemary mint shampoo recipe](#).

2. ROSEMARY IMPROVES MEMORY

“There’s rosemary, that’s for remembrance, pray you love, remember.”
~ Ophelia (Shakespeare’s “Hamlet”)

Worn by Greek scholars to enhance their memory when taking exams, the mental strengthening ability of rosemary has been known for thousands of years. *The International Journal of Neuroscience* published a study highlighting this phenomenon.

Upon evaluating how the cognitive performance of 144 participants was affected by rosemary oil aromatherapy, lavender oil aromatherapy and controls, University of Northumbria, Newcastle researchers discovered that:

- Probably due to its significant calming effect, “lavender produced a significant decrement in performance of working memory, and impaired reaction times for

both memory and attention based tasks.”

- “Rosemary produced a significant enhancement of performance for overall quality of memory and secondary memory factors.”
- Rosemary helped people become more alert.
- Lavender and rosemary helped produce a feeling of “contentment” in the volunteers.

Affecting much more than memory, studies have also known that rosemary essential oil can help treat and prevent Alzheimer’s disease. Published in *Psychogeriatrics*, the effects of aromatherapy were tested on 28 elderly people with dementia (17 of whom had Alzheimer’s).

After inhaling the vapor of rosemary and lemon in the morning, and lavender and orange in the evening, various functional assessments were conducted and all patients “showed significant improvement in personal orientation” and no one experienced any side effects.

3. LIVER DETOXIFICATION AND GALLBLADDER FUNCTION

Traditionally used for its ability to help with gastrointestinal complaints, rosemary is also a fantastic detoxifier. Studies have been done in India uncovering how supplementing with rosemary greatly enhances your body’s bile flow (which is essential for fat metabolism and detoxification) and reduces plasma liver enzymes (which has been linked to type 2 diabetes).

Essentially, by helping enhance the performance of the bile-producing gallbladder (as well as balancing out the microflora in your gut) proper peristaltic activity is promoted, which boosts nutrient absorption and helps reverse/prevent toxic overload.

4. ROSEMARY LOWERS CORTISOL

A study was conducted out of Meikai University, School of Dentistry in Japan that interestingly evaluated how five minutes of lavender and rosemary aromatherapy affected the salivary cortisol levels (the “stress” hormone) of 22 healthy volunteers.

Upon observing that both essential oils enhance free radical scavenging activity, they also discovered that both greatly reduced cortisol levels, which protects the body from chronic disease due to oxidative stress.

Best Rosemary Oil Uses

As you can see from the research, rosemary essential oil is effective and safe to use in a variety of ways. When it comes to implementing it into your natural health regimen, I recommend the following do-it-yourself recipes:

IMPROVE MEMORY – Mix 3 drops of rosemary oil with 1/2 teaspoon of coconut oil and rub on upper neck or diffuse for 1 hour a day.

HAIR THICKENER – Put 5 drops of rosemary oil on scalp and massage in after showers or use my homemade rosemary mint shampoo recipe.

HEAL PROSTATE – Mix 2 drops of rosemary oil with 1/2 teaspoon of carrier oil and rub beneath testicles.

REDUCE PAIN – Mix 2 drops of rosemary oil, 2 drops of peppermint oil and 1 teaspoon of coconut oil and rub on sore muscles and painful joints.

IMPROVE GALLBLADDER FUNCTION – Mix 3 drops of rosemary oil with 1/4

teaspoon of coconut oil and rub over gallbladder area 2 times daily.

HEAL NEUROPATHY AND NEURALGIA – Take 2 drops of rosemary oil, 2 drops of helichrysum oil, 2 drops of cypress oil and 1/2 teaspoon of a carrier oil, and rub on area of neuropathy.

Note: It is also recommended that you do not use on children under 4 years of age. With children, we recommend you consider using frankincense oil instead for many conditions. Make sure that you consult with your natural healthcare provider before making it part of your kids' routine.

Where to Buy Rosemary Oil

This is one of the most vital things you must know about essential oils: Not all essential oils are created equally. In fact, most of them are worthless to your health and often synthetic. When buying essential oils, make sure they are therapeutic grade.



MELALEUCA OIL

TEA TREE OIL

Tea tree oil, also known as melaleuca, is well-known throughout Australia for its ability to treat wounds and because of its powerful antiseptic properties. Tea tree oil has been documented in medical studies to kill many bacteria, viruses and fungi and is an essential oil that should be part of everyone's natural medicine cabinet.

A study published in the *British Medical Journal* found that melaleuca is "a powerful disinfectant and is non-poisonous and gentle" to the body. In 1923, Dr. A.R. Penfold found that tea tree oil was *12 times* more effective at healing infections than the conventional antiseptic (carbolic acid) at that time.

During the 1930s and 1940s, tea tree oil became widely known as the go-to antiseptic and Australian World War II soldiers were given tea tree oil in their first aid kits.

Today, tea tree oil uses are numerous and include making homemade cleaning products, diffused in the air to kill mold, used topically to heal skin issues, and taken internally to treat infections.

Tea Tree Oil Benefits

To date, 327 scientific studies refer to tea tree oil's antimicrobial prowess alone. As if thousands of years of use have been done in vain, right? Thankfully, science is finally catching up and describing why tea tree oil is so effective as a treatment for some of its more traditional uses:

- Acne
- Bacterial infections
- Chickenpox
- Cold sores

- Congestion and respiratory tract infections
- Earaches
- Fungal infections (especially Candida, jock itch, athlete's foot and toenail fungus)
- Halitosis (bad breath)
- Head lice
- MRSA
- Psoriasis
- Dry cuticles
- Itchy insect bites, sores and sunburns
- Boils from *Staph* infections

And this list doesn't even include the cosmetic and general home uses of tea tree oil!

- Acne face wash
- Antimicrobial laundry freshener
- Insect repellent
- Natural deodorant
- Removes foot odor
- Removes mold
- Household cleaner

An article published in the journal *Phytomedicine* evaluated the relationship between various essential oils and found that none (including tea tree) caused adverse reactions when taken with several different antibiotics. In fact, they discovered that some essential oils even had a synergistic effect, which could help prevent antibiotic resistance!

In many cases, doctors of functional medicine will prescribe essential oils like

tea tree oil and oregano oil in replacement of conventional medications because they're just as effective and without the adverse side effects.

Top 10 Tea Tree Oil Uses

Ready to use tea tree oil to transform your health? Here are the top 10 uses for tea tree oil for natural cures and home remedies.

1. TEA TREE OIL FOR ACNE

One of the most common uses for tea tree oil today is in skin care products, and it's considered one of the home remedies for acne. One study found tea tree oil to be just as effective as benzoyl peroxide, but without the negative side effects of red and peeling skin.

You can make a tea tree oil acne face wash by mixing five drops of tea tree essential oil with two teaspoons of raw honey. Simply rub on your face, leave on for one minute, then rinse off.

2. TEA TREE OIL FOR HAIR

Tea tree oil has proven very beneficial for the health of your hair and scalp. Like coconut oil for hair, tea tree oil has the ability to soothe dry flaking skin, dandruff and even can be used for the treatment of lice. To make homemade tea tree oil shampoo, mix it in with aloe vera gel, coconut milk and other essential oils like lavender oil.

3. TEA TREE OIL FOR CLEANING

Another fantastic way to use tea tree oil is as a household cleaner. Tea tree oil has powerful antimicrobial properties and can kill off bad bacteria in your home. To make homemade tea tree oil cleaner, mix with water, vinegar and lemon essential oil.

4. TEA TREE OIL FOR PSORIASIS AND ECZEMA

Tea tree oil can help relieve any type of skin inflammation, including being used as a natural eczema treatment and for psoriasis. Simply mix one teaspoon coconut oil, five drops of tea tree oil and five drops of lavender oil to make homemade tea tree oil eczema lotion or body soap. In addition, if you have eczema or psoriasis, you should consider going on the GAPS diet and supplementing with vitamin D3.

5. TEA TREE OIL FOR TOENAIL FUNGUS AND RINGWORM

Because of its ability to kill parasites and fungal infections, tea tree oil is a great choice to use on toenail fungus, athlete's foot and ringworm. Put tea tree oil undiluted on the area and, for stubborn fungi, it can also be mixed with oil of oregano. Tea tree oil has also been proven beneficial for treating and removing warts, so simply put tea tree oil directly on the area for 30 days.

6. TEA TREE OIL KILLS MOLD

A common problem many people experience in their homes is mold infestation, oftentimes without knowing it. You can buy a diffuser and diffuse tea tree oil in the air around your home to kill mold and other bad bacteria. Also, you can spray tea tree oil cleaner onto shower curtains to kill off mold.

7. TEA TREE OIL DEODORANT

Another great reason to use tea tree oil is to eliminate body odor. Tea tree oil has antimicrobial properties that destroy the bacteria that cause body odor. You can make homemade tea tree oil deodorant by mixing it with coconut oil and baking soda. (Yes, you can see that coconut oil uses and baking soda uses are many as well!) Also, if your kids play sports or if you're a runner, you can add tea tree oil and lemon essential oil to your shoes and sports gear to keep them smelling fresh!

8. TEA TREE OIL FOR INFECTIONS AND CUTS

Tea tree oil mixed with lavender essential oil is the perfect ingredient in a homemade wound ointment. Make sure to clean a cut first with water and hydrogen peroxide if necessary, then put on tea tree oil and cover with bandage to fight off infections. Also, a study published in the *Journal of Investigative Dermatology* found tea tree oil kills MRSA and *Staph* infections.

9. TEA TREE OIL TOOTHPASTE FOR ORAL HEALTH

Because of tea tree oil's ability to kill off bad bacteria, and yet at the same time soothe inflamed skin, it's a perfect ingredient in homemade toothpaste. It's been shown to reduce the bleeding of gums and reduce tooth decay. Simply mix tea tree oil with coconut oil and baking soda for an amazing homemade toothpaste.

10. TEA TREE OIL FOR CANCER

One of the most incredible studies done recently on tea tree oil was about its ability to fight skin cancer. In a study published in the *Journal of Dermatological Sciences*, tea tree oil was found to have a rapid effect on reducing tumors and boosted immunity.

Also, both tea tree oil and frankincense oil have been proven to have anti-cancer benefits. For abnormal skin lesions, you can mix frankincense oil, raspberry seed oil and tea tree oil, then place on the area three times daily.



LEMON OIL

Do you want to cleanse, support metabolism, nourish your skin and learn some incredible essential oil DIY recipes? If so, then you will want to start learning all of the benefits and uses of lemon essential oil.

Lemon is best known for its ability to cleanse toxins from any part of the body and is widely used to stimulate lymph drainage, rejuvenate energy, purify skin and act as a bug repellent.

According to a study published in the *International Journal of Food Microbiology* last year, lemon oil may actually be the most powerful antimicrobial agent of all the essential oils.

Another study published in *Experimental Biology and Medicine* found that breathing in the scent of lemon essential oils improved neurological activity that promotes the breakdown of body fat.

Lemon oil is one of the most “essential” oils to have on hand and can be used as a teeth whitener, laundry freshener, cellulite cream, face wash and household cleaner.

From what we can tell, Ayurvedic medicine has been using both lemons and lemon essential oil to treat a wide spectrum of health conditions for at least 1,000 years. The health benefits of lemon essential oil have been well established scientifically.

Lemon Oil Benefits

According to Alva’s Ayurveda Medical College assistant professor Dr. J.V. Hebbar, the benefits of lemon include:

- Cleansing and purification
- Oral health and remedy for halitosis (bad breath)
- Digestion
- Thirst quencher
- Remedy for abdominal colic pain
- Cough relief
- Calms stomach and relieves nausea
- Prevents malabsorption
- Improves digestion
- Nourishes the skin
- Promotes weight loss
- Lemon and lemon essential oil are also used to decrease cholesterol deposition in the blood vessels and prevent heart disease!

Top 10 Lemon Essential Oil Uses

As you'd probably expect, there is a laundry list of lemon oil uses in addition to all of these medicinal effects. Here are some of my favorites:

- 1. LAUNDRY** – In case you leave your laundry sitting in the washer too long, just add a few drop of lemon EO and your clothes won't get that nasty smell.
- 2. TEETH WHITENER** – Mix lemon essential oil, baking soda and coconut oil and rub on your teeth for 2 minutes and then rinse.
- 3. CLEAN HANDS** – Got greasy hands from working on your car or bike and regular soap isn't doing the trick? No worries, just add a couple drops of lemon EO with your soap and get your clean hands back!

4. NATURAL DISINFECTANT – Want to steer away from alcohol and bleach to disinfect your countertops and clean your moldy shower? Add 40 drops lemon oil and 20 drops tea tree oil to a 16-ounce spray bottle fill with pure water (and a little bit of white vinegar) for a traditional cleaning favorite.

5. FACE WASH – Lemon essential oil uses for skin can improve your complexion and leave your skin soft and supple. Lemon oil benefits skin by deeply nourishing. You can make lemon oil with baking soda and honey for a natural acne-free face wash.

6. WOOD AND SILVER POLISH – A lemon oil-soaked cloth will also help spruce up your tarnished silver and jewelry! Lemon oil for wood cleaning is also great.

7. GOO-BE-GONE – Un-stick the sticky goo your kids leave behind with stickers and gum with lemon oil.

8. PROMOTES FAT-LOSS – Putting two drops of lemon oil in your water 3 times daily can support metabolism and weight loss.

9. IMPROVES MOOD – Diffusing lemon essential oil in the air can lift mood and fight depression.

10. IMMUNE SUPPORT – Lemon oil can support lymphatic drainage and help you overcome a cold fast; mix it with coconut oil and rub it on your neck.

Lemon Oil Research

At the time I wrote this ebook, there were 519 scientific studies referring to lemon essential oils. The secret to lemon's success appears to be **d-limonene**, a **powerful**

cancer-fighting antioxidant.

Some reports even speculate that lemon oil contains up to 70% d-limonene! It's no wonder that science is quickly catching up to 1,000 years of therapeutic use and is finally confirming many of the various Ayurvedic medical applications of lemon essential oil.

Another important thing to note, **lemon essential oil comes from the cold-pressing the lemon peel** and not the inner fruit. The peel is the most nutrient-dense portion of the lemon in terms of fat soluble phytonutrients.

A study was published this past March that evaluated how lemon aromatherapy affects pregnant women *during* bouts of nausea and vomiting.

Astoundingly, of the 100 women that participated in the study, reports of symptoms dramatically decreased just after two days compared to the placebo group. **After four days, the essential oil group experienced an average of 33% decrease in nausea and vomiting!**

Regarding lemon oil supplementation, researchers from the Central Food Technological Research Institute in India took a look at how geraniol (a powerful phytonutrient found in lemon) can help reverse diabetic neuropathy.

It was discovered that **sciatic nerve damage was markedly reduced by lemon oil (geraniol) supplementation.** Interestingly, cellular function was also restored during the eight-week study, which suggests that regular lemon essential oil usage can help regulate our energy stores and play a role in preventing disease, cardiac dysfunction and premature aging.

If this weren't enough, the researchers also observed that depleted **dopamine levels were improved, which helps people overcome addictions and improves mood to fight depression.**

And let's not forget about cleaning and food protection. In a study conducted by the U.S. Department of Agriculture, it was discovered that by adding **lemon essential oils to food, it protected the food against human pathogens like *E. coli* and *Salmonella*.** This is another reason why lemon essential oil is an ideally household cleaner.



EUCALYPTUS OIL

The eucalyptus tree (also known as Tasmanian Blue Gum) is an evergreen tree native to Australia that's often thought of as the main food source of koala bears. While it provides amazing nutritional support for wildlife, the essential oils extracted from eucalyptus leaves also have powerful medicinal properties.

According to English folklore, an early English settler had his thumb nearly severed by an axe. His father, who was well-versed in Aboriginal folk medicine, advised that he apply a bandage of tightly bound eucalyptus leaves around the cut after it was sutured.

Evidently, the Aborigines used eucalyptus, or "kino" as they referred to it, to heal most wounds they encountered. Later, when a surgeon saw the wound, he remarked how amazed he was because the thumb healed so quickly and without any trace of infection.

Reports like this spread throughout Australia, and pharmacists like Joseph Bosisto began tinkering with the idea of commercially producing eucalyptus oil in 1852. Soon thereafter, the leaves of *Eucalyptus radiata* were first distilled near Melbourne.

Top 10 Eucalyptus Oil Uses

Interestingly, small towns in Australia discovered that eucalyptus oil could be converted into a gas to light their homes, hotels and shops. Little did they know that they stumbled upon one of the most powerful forms of natural medicine ever.

Today, eucalyptus oil uses have a broad range of health benefits including:

1. COLDS & FLU

Eucalyptus works as an expectorant and helps cleanse your body of toxins and harmful microorganisms that can make you feel sick. One of the most effective ways to utilize eucalyptus for colds is to drop several drops of the essential oil into your diffuser before going to sleep so you can take advantage of the healing benefits all night long.

For more acute situations, you can make a steam bath by pouring a cup of boiling water into a bowl, and then mix 10 drops of eucalyptus EO, place a towel over your head and inhale deeply for 5–10 minutes.

2. HAIR NOURISHMENT

A few drops of eucalyptus oil with some coconut or olive oil gives your hair a nice moisturizing pick-me-up. This is especially great to ward off dandruff and an itchy scalp. Also, eucalyptus is used as a natural remedy for lice in replacement of chemical treatments.

3. HAND CLEANER

Eucalyptus EO is an excellent cleanser to remove grease and grime from your workday and can rejuvenate sore hands and feet when mixed into your salt bath. Simply mix sea salt, Epsom salt and eucalyptus oil to remove grease and dirt for good.

4. SINUS AND ALLERGIES

A study from NYU Medical School found that using eucalyptus was effective at treating sinusitis. Patients experienced faster improvement when supplementing with eucalyptus oil for allergies and sinus issues. The study had participants take eucalyptus oil internally, and it's also recommended to gargle with it to clear the throat.

5. NATURAL HOME CARE

Not only does eucalyptus give a nice, fresh fragrance to your home products, but it adds vital antimicrobial properties as well. You can't go wrong putting several drops into pretty much everything: [soap](#), [laundry detergent](#), mop water, toilet cleaner, window cleaner ... the list goes on!

6. ODOR REMOVER

Whether you're battling smelly shoes or a stinky dog bed, topically wash items to remove odors with a wet rag soaked in eucalyptus oil-infused water, and place outside to dry in the sun. This can prevent odors as well as keep the shape intact! You may also mix it with lemon oil or tea tree oil for an anti-stink spray.

7. AIR CLEANSER

Try putting a few drops into your vacuum and clothes dryer filters to freshen them up and sanitize them a little. Also, it's great for killing mold in your home, and you can mix eucalyptus with other oils, like clove and tea tree oil, to cleanse the air and maintain a mold-free home.

8. SPOT REMOVER

Like lemon essential oil, eucalyptus oil is highly effective at removing spots on your carpet, clothes and basically every fabric you have in the house. It even works to get gum off your shoes! Make sure to "test" it on an inconspicuous place first just to make sure the oil doesn't react strangely with the material you treat. You just don't know what's in the synthetic materials nowadays!

9. RESPIRATORY PROBLEMS

Eucalyptus essential oil is highly effective for treating respiratory problems, such as asthma, bronchitis, COPD, pneumonia and even tuberculosis. Using eucalyptus for asthma is a proven treatment that dilates the blood vessels and allows more

oxygen into the lungs. Simply mix eucalyptus oil, peppermint oil and coconut oil for a [homemade vapor rub](#), and put on the upper chest.

10. WOUND TREATMENT

Eucalyptus oil has antimicrobial and antiseptic properties that are effective at treating wounds, burns, cuts, abrasions, sores and scrapes. It also can be made into a salve or healing ointment and put on bug bites and stings. Along with acting as a natural pain reliever to the area, it also keeps the area from getting infected, which speeds healing.

The list goes on, but don't forget to use eucalyptus on your pets! It's proven to be safe in pretty much any way that you would use it on yourself. Just be sure to keep it out of eyes and any open wounds!

Eucalyptus Oil Benefits

Eucalyptus oil benefits are due to its ability to stimulate immunity, provide antioxidant protection and improve respiratory circulation.

Originally referred to as “eucalyptol” by the scientific community, the health benefits of eucalyptus oil come from a chemical now known as *cineole* — an organic compound shown to hold astounding, widespread medicinal effects, including everything from reducing inflammation and pain to killing leukemia cells!

At the time I wrote this ebook, over 1,200 scientific research studies were conducted referring to *cineole*, and the results are simply amazing.

Although eucalyptus has the highest known cineole levels of any plant (up to 80–95 percent), scientists have discovered that several other plants have significant levels of cineole as well:

- Cannabis
- Cardamom
- Ginger
- Helichrysum
- Peppermint
- Rosemary
- Tea tree

This may be one of the reasons why a mixture of the essential oils extracted from these plants have such a powerful synergistic effect. Like most things in nature, the harmonious effects of multiple healing agents working together create astounding super remedies.

Eucalyptus Studies and Research

Some of the most exciting eucalyptus oil research out today shows that it can help prevent drug-resistant bacterial infections like tuberculosis (TB). As more strains of TB continue to evolve defenses against the drug protocols traditionally used, a major public health concern has risen to the forefront — especially for regions like Africa, which are still highly affected by HIV/AIDS.

One study, published in the *Journal of Natural Products* this past March, set out to evaluate how utilizing *Eucalyptus citriodora* essential oil fared against the inhaling drug-resistant TB (MDR/XDR-TB). In addition to discovering 32 active anti-TB compounds in *E citriodora*, it observed the way that multiple components interacted with each other and discovered that certain combinations literally inhibited airborne TB by over 90 percent!

Other studies evaluating the benefits of inhaling eucalyptus show similarly

amazing results due to its powerful anti-inflammatory effect.

A researcher out of Bonn University Hospital in Germany published an article in the journal *Drug Research* this past May highlighting how the *cineole* commonly found in eucalyptus essential oil is actually an effective long-term therapy to help control COPD (chronic obstructive pulmonary disease) symptoms and improve asthma.

Eucalyptus benefits even include lowering high blood pressure! French researchers tested eucalyptus oil's ability to relax rat aortas and found it quite effective.

As you can see, eucalyptus oil uses and benefits are incredible. This is an essential oil to keep stocked in your natural first aid kit or home medicine cabinet.



CEDARWOOD OIL

Who knew that the oil from a tree could be so beneficial to your health and wellness? Surprisingly, cedarwood essential oil has antifungal, antiseptic, diuretic, astringent and sedative properties. It has the power to improve your skin, help with organ function, tighten muscles, improve metabolism and benefit your digestive system.

What is Cedarwood Essential Oil?

It's no wonder why cedars were the trees mentioned most in the Bible, symbolizing a source of protection, wisdom and abundance.

Cedarwood essential oil is extracted through the process of steam distillation from wood pieces of the cedar wood tree. The major components of cedarwood essential oil are alpha-cedrene, beta-cedrene, cedrol, widdrol, thujopsene and a group of sesquiterpenes — all of which contribute a great deal to its health benefits.

Cedarwood Essential Oil Benefits

Some of the most common benefits of cedarwood essential oil include:

- improves focus and wisdom
- promotes hair growth
- has anti-inflammatory agents
- cures toothaches
- strengthens gums
- reduces skin irritations
- relieves spasms
- cures fungal infections
- repels bugs
- cures acne
- reduces cough

- stimulates metabolism
- regulates menstruation
- tightens muscles
- cleans out toxins

Clearly, cedarwood essential oil is a great tool for your medicine cabinet. It has not only external health benefits, but also the power to improve your digestive and circulatory function as well.

Top 15 Cedarwood Essential Oil Uses

1. ECZEMA — Eczema is a common skin disorder that causes dry, red, itchy skin that can blister or crack. Cedarwood essential oil can cure the inflammation that leads to this irritating skin issue — it reduces skin peeling and treats the infection with its antifungal properties. There are a few ways to add cedarwood essential oil to your daily routine. Add the oil to your skin lotion or soap, rub it on the infected or itchy area directly, or make yourself a bath with five drops of cedarwood oil added to it.

2. HAIR LOSS — Cedarwood essential oil can stimulate the hair follicles and increase circulation to the scalp. This contributes to hair growth and slows hair loss. Herbalists and aromatherapists have recommended essential oils for years to treat hair loss, thinning hair and various types of alopecia.

There's evidence that applying cedarwood oil, in combination with the essential oils from thyme, rosemary and lavender, to the scalp improves hair growth in up to 44 percent for people with hair loss after seven months of treatment. To do this, add cedarwood oil to your shampoo or conditioner, or just massage the oil into your scalp and let it sit for 30 minutes before rinsing.[\(1\)](#)

3. DRY SCALP — Cedarwood essential oil helps reduce dry or flaky scalp. It stimulates the scalp and increases circulation. To take advantage of this essential oil benefit, mix two drops of cedarwood essential oil with coconut oil to create a mixture with antifungal and moisturizing properties. Add the mixture to your scalp, and rub it in for five minutes. For the best results, let it sit on your scalp for 30 minutes or so — then wash it out.

4. ANTISEPTIC PROPERTIES — Cedarwood essential oil can safely be applied topically on wounds as an antiseptic. It defends the body against toxins and relieves your white blood cells and immune system of stress or malfunction — this protects your internal functions and fights off bacteria in the body. Create an oil rub by mixing cedarwood essential oil with coconut oil, and then rub the mixture on your body to help with wounds, scars or infections.

5. REDUCES ARTHRITIS — Inflammation of the joints and tissues, which are common symptoms of arthritis, can lead to debilitating pain or discomfort; this can be lessened with the use of cedarwood essential oil. By inhaling the oil, or using it externally on the skin, you reduce inflammation — which minimizes joint stiffness. Try making yourself a bath with five to 10 drops of cedarwood essential oil.[\(2\)](#)

6. RELIEVES SPASMODIC CONDITIONS — If you struggle with restless leg syndrome, respiratory seizures, asthma and other spasmodic conditions, you can find relief by taking advantage of the calming and soothing properties of cedarwood essential oil. These spasms may affect the respiratory system, muscles, intestines, heart and nerves.

7. NATURAL DEODORIZER — Cedarwood essential oil is comforting, reassuring and also possesses a wood-like pleasant scent. It adds a warm tone to any blend

of perfumes or oil mixtures. It's also known to bring people together and improve personal outlook and self-esteem. This may seem strange, but the soothing power of cedarwood oil has the ability to change a person's perspective. Inhaling cedarwood oil, vaporizing it or adding it to a body spray can have long-lasting therapeutic effects.

8. TIGHTENS MUSCLES — Because cedarwood essential oil is an astringent, it tightens loose muscles and creates a feeling of firmness and youth. It also hardens the muscles of the digestive system, which helps with stomach issues such as diarrhea. Rub three to five drops of cedarwood essential oil into your hands, and then massage any sore or tight muscles. Massage your abs, arms, chest and legs. You'll feel a soothing and fresh sensation.

9. SERVES AS A DIURETIC — Cedarwood essential oil increases the frequency of urination and therefore removes harmful toxins, excess water and fat from the body. Rub two drops of cedarwood essential oil into your hands and massage your bladder and kidneys. This helps with urinary tract infections, water retention, and kidney issues.

10. IMPROVES FOCUS AND ADHD — A study performed by Dr. Terry Friedmann M.D. and Dennis Eggett from Brigham Young University found that using cedarwood oil on children could greatly improve their focus and learning capacity. Thirty-four children with ADHD were given different single oils including vetiver, cedarwood, lavender and an oil blend.

Children held up a bottle of essential oils and took three deep inhalations 3x a day for thirty days. At the end of the study subjects retook an EEG and T.O.V.A. test and with both vetiver and cedarwood oil there were significant changes. The results showed cedarwood oil inhalation improved focus in children with ADHD by 65%!

11. COUGH RELIEF — Cedarwood essential oil has the power to remove phlegm from the respiratory tract and lungs, which reduces congestion from a cough or cold. Try using a cedarwood essential oil before you go to sleep — it loosens bothersome phlegm and relieves headaches as well. Rub two drops of oil onto your chest and throat and rub it in for a minute; you can also add the oil to your nose and upper lip to help with breathing.

12. BUG REPELLENT — Cedarwood essential oil drives away mosquitoes, flies and other insects. You can put a few drops of oil on your skin to keep them away outdoors, or use a vaporizer to keep them out of the house or apartment. You can also spray diluted cedarwood essential oil on your bed and couches to keep the pests away.

One study measured the effectiveness of cedarwood oil against the pulse beetle and the housefly, and the results showed insecticidal activity against both test species. The study suggests that cedarwood oil can be an active natural product that, when added to commercial insecticides, is beneficial.[\(3\)](#)

Do you have a problem with moths eating your clothes? Use cedarwood essential oil to keep them away (without the smell of mothballs). Add cedarwood essential oil to cotton balls and place them in your closet, on your hangers and inside of storage boxes.

13. RELIEVES TENSION — Because cedarwood essential oil is a sedative, it has the power to relieve tension and stress that affects your health. It has a soothing and calming effect on the mind, reduces inflammation and muscle pain, and minimizes skin irritation or itchiness. The scent of cedarwood essential oil encourages the release of serotonin, which is converted into melatonin in the brain. Melatonin induces restorative sleep and leaves you feeling calm.

One interesting study measured the sedative properties of cedarwood oil. The study included rats that inhaled cedrol, a component of cedarwood oil. Motor activity in the rats decreased significantly; the rats that were given caffeine and categorized as hyperactive also showed a decrease in activity. Sleeping rates in the rats increased as well.(4)

These aromatherapy properties of cedarwood essential oil help people with chronic stress and depression. All you have to do is inhale cedarwood essential oil directly from the bottle; you can also diffuse a few drops of oil or rub a drop of oil right above your eyebrows to relieve tension.

14. KILLS FUNGAL INFECTIONS — Cedarwood essential oil cures internal and external fungal infections. It can protect you from fungal pathogens and food poisoning. One study done at the Department of Oral Medicine and Radiology in India found that cedarwood essential oil is a viable alternative to other antibacterial agents and is an effective module in controlling both bacteria and yeasts responsible for oral infections. The study also proved that cinnamon oil, lemongrass oil, clove oil and eucalyptus oil have the same antifungal properties.(5)

15. CURES ACNE — Cedarwood essential oil protects skin pores from letting in dust or any harmful microbes into the body, which lead to acne and skin infections. Cedarwood oil is also effective for tightening the facial skin and giving it a youthful appearance. To cure your acne naturally, add one drop of cedarwood essential oil to your lotion or face soap, or massage the oil into your skin all by itself. This exercise can be added to your daily routine in order to eliminate acne.

You can also make your own face scrub by combining cedarwood essential oil with Epsom salt and coconut oil. Mix these ingredients together until you get a rough and slightly oily texture — then use the mixture to exfoliate your face and help

eliminate acne for good.

Research, Unique Compounds and Studies

An interesting experiment focused on the ability to create fragrances for perfumes out of renewable energy resources, like cedarwood oil. Scientists found that cedarwood oil mixed with turpentine oil is very suitable for the synthesis of woody and ambery notes. If used for commercial perfumes, more people can take advantage of cedarwood oil's amazing health benefits.[\(6\)](#)

Another interesting factor is that cedarwood essential oils are sometimes made from waste wood chips — which means that people benefit from recycled and repurposed wood. How neat is that?

Cedarwood Oil Side Effects

Although some essential oils can be added to food or ingested orally in minimal amounts, it's not safe to consume cedarwood essential oil internally. Because it's such a strong oil, it can cause vomiting, nausea, thirst and extensive damage to the digestive system. Women who are pregnant should not use cedarwood essential oil. If used in high concentrations, cedarwood essential oil can cause skin irritations.

DIY Cedarwood Essential Oil Recipe

HOMEMADE MEN'S COLOGNE

Many colognes contain synthetic fragrances that can be toxic. Instead, try this homemade men's cologne recipe. It's easy to make, and the essential oils provide health benefits while smelling amazing!

Note: Citrus essential oils are highly concentrated and are full of healthy acidic properties. Because of this, I recommend you use glass containers when storing them so they don't eat away any of the plastic.

Total time: 2 minutes

Serves: 30

INGREDIENTS:

- 5 drops cedarwood essential oil
- 3 drops bergamot essential oil
- 2 drops sandalwood essential oil
- 1/2 pint (300 milliliters) 70 percent alcohol or vodka
- glass roll-on tube or glass cologne spray bottle

DIRECTIONS:

- 1 Mix all ingredients together and store in a bottle.
- 2 Add 10 drops of cedarwood essential oil to this [homemade vapor rub](#). The essential oils deliver a soothing feeling while giving off an aroma that helps open up the respiratory system and improve the ease of breathing.
- 3 To use cedarwood essential oil as a natural remedy for hair loss or dry hair, you only need a few drops. Mix two to three drops of cedarwood essential oil to your favorite shampoo or conditioner, or make your own rub by adding cedarwood oil to coconut or jojoba oil. After you apply the mixture, cover your head with a towel or shower cap, and let it sit for at least 30 minutes. Then wash out the oil mixture completely. You can even add other essential oils to this mix — like lavender, evening primrose or lemongrass oil.



BERGAMOT OIL

Known to build confidence and enhance your mood, bergamot oil is also used to kill bacteria, heal scars and minimize marks on the skin. Bergamot oil is also used to reduce pain from headaches and muscle tension as well as stimulate hormonal and digestive juices. Yes, no one-trick pony!

Where does bergamot oil come from? Bergamot is a plant that produces a type of citrus fruit and its scientific name is *Citrus bergamia*. It's defined as a hybrid between a sour orange and lemon, or a mutation of lemon.

The oil is taken from the peel of the fruit and used to make medicine. It's derived through cold compression, which is different than the steam distillation of many other essential oils. The oil is commonly used in black tea, which is called Earl Grey.

Although its roots can be traced back to Southeast Asia, bergamot was more widely cultivated in the southern part of Italy. Bergamot essential oil was even named after the city of Bergamo in Lombardy, Italy, where it was originally sold. Bergamot oil is also produced in the Ivory Coast, Argentina, Turkey, Brazil and Morocco.

In traditional Chinese medicine, bergamot is used to help with the flow of vital energy so the digestive system can work properly. It's also used to soothe indigestion and gas.

Bergamot essential oil is one of the main constituents for manufacturing perfumes due to its ability to balance the mix of aromas and harmonize all of the essences, enhancing the fragrance. It's also used by the pharmaceutical industry, both to absorb the unpleasant smells of medicinal products and for its antiseptic and antibacterial properties.

Bergamot Oil Benefits the Whole Body

There are a number of a surprising health benefits from using bergamot essential oil as a natural remedy. Bergamot oil is antibacterial, anti-infectious, anti-inflammatory and antispasmodic. It's uplifting, improves your digestion, and keeps your system working properly.

Some of the most common benefits of bergamot essential oil include:

- releases emotional pain
- works as a powerful antidepressant
- relieves joint and muscle pain
- aids digestive system
- soothes skin irritations
- works as a sedative
- cleanses oily skin
- kills germs and bacteria
- relieves stress
- reduces cough

Bergamot Oil Uses

1. ANTIDEPRESSANT — Depression can manifest with a variety of different symptoms, including fatigue, sad mood, low sex drive, lack of appetite, feelings of helplessness and disinterest in common activities. Antidepressant medications have serious side effects, including suicidal thoughts, weight gain and personality changes. The good news is there are all-natural remedies for depression that are effective and get to the root cause of the problem. This includes components of bergamot essential oil that are antidepressant and stimulating. They create a feeling of joy, freshness and energy by improving the circulation of your blood.

Use bergamot oil by rubbing 2–3 drops into your hands and cupping your mouth and nose. Breathe in the oil slowly. Try rubbing the oil on your feet and stomach too.

2. STIMULATES HORMONAL SECRETIONS — Bergamot oil helps maintain proper metabolic rates by stimulating hormonal secretions, digestive juices, bile and insulin. This aids the digestive system and enables proper absorption of nutrients. These juices also assimilate the breakdown of sugar and can lower blood pressure. This benefits neurological and mental conditions as well. Just breathing in bergamot oil stimulates these juices — you can try using an oil diffuser or burner, or you can add 2–3 drops of oil to your temples or abdomen.

3. CURES INFECTIONS — Bergamot oil is used in skin soaps because it inhibits the growth of germs, fungi and viruses. When you apply the oil to your skin or hair, you reduce the risk of infection and won't notice the shine come through. Bergamot oil also cures infections of the intestines, kidneys, colon and urinary tract. To take advantage of this amazing benefit, drink Earl Grey tea or rub bergamot oil onto your throat, abdomen and feet. Using an oil vaporizer is also a great option — the scent of bergamot oil alone can have a tremendous impact.

4. RELIEVES STRESS — Bergamot oil is a relaxant — it reduces nervous tension and feelings of stress and anxiety. This powerful oil can stimulate hormones, such as dopamine and serotonin, which create feelings of sedation and relaxation. Relieve stress and anxiety by using bergamot oil in a diffuser or oil burner. The smell of the oil leads to a feeling of ease and contentment.[\(1\)](#)

5. REDUCES PAIN — Because bergamot essential oil increases hormone secretions, it lessens the sensitivity of nerves that create pain. For this reason, bergamot oil is a great way to reduce the symptoms of sprains, muscle aches and headaches. Instead of relying on pain killers that can have nasty side effects, you

can choose to use this safe and natural oil to relieve pain and tension. Research shows that bergamot oil can be used in complementary medicine to minimize tension in the body.[\(2\)](#) To reduce pain, rub five drops of bergamot oil on sore muscles or where you feel tension.

6. HEALS SKIN — Bergamot essential oil is used to minimize the look of scars and other marks on the skin; it tones the skin by making the supply of melanin even. These scars can be the result of acne or skin infections or irritations. To rid the skin of irritations, put five drops of bergamot oil on a cotton ball or pad and rub it on the infected area. You can also add 10 drops of bergamot oil to your warm bath water — the benefits of a bergamot oil bath go way beyond your skin. It's great for your mood, hormonal balance and built-up tension.

7. HELPS DIGESTIVE SYSTEM — Not only does bergamot oil stimulate the production of digestive juices, making the breakdown of foods in the digestive tract easier, it also stimulates muscle contractions in the intestines — quickening the digestive process by moving your waste through your intestines as your body absorbs nutrients. Some research even suggests that bergamot oil can be useful when fighting food poisoning because of its antibacterial properties.[\(3\)](#) Rub five drops of bergamot oil onto your stomach in order to ease digestive issues or regulate your appetite.

8. DEODORANT — Bergamot oil prevents the growth of germs that cause body odor. The refreshing and citrusy smell of bergamot oil is used as a [natural deodorant](#) and air freshener. The strong scent eliminates odors on the body or in a room. You can add 2-3 drops of bergamot oil to the deodorant you already use every day, or you can even add the oil directly to your armpits. Many companies include bergamot oil in their perfumes and colognes. Try making your own fragrance with bergamot oil by combining it with your favorite scents. Some great options include lemon, cedarwood and sandalwood oils.

9. REDUCES FEVER — Bergamot essential oil fights infections caused by harmful bacteria. It also reduces body temperature by alleviating stress and stimulating hormone secretions. The feeling of warmth that happens when your hormone levels are elevated leads to sweat, and this helps in reducing a fever.

10. CAVITY PROTECTION — Bergamot oil helps infected teeth. It removes germs from your teeth when used as a mouthwash, and it protects your teeth from developing cavities. This is because of its germ-fighting properties, which make it extremely useful when fighting cavities. Rub 2–3 drops of bergamot oil on your teeth, or add it to your toothpaste.

11. KILLS INTESTINAL WORMS — Because bergamot essential oil kills germs, it's used to treat intestinal worms. Intestinal worms result in malnourishment and can cause anemia, which develops when you don't have enough robust, healthy red blood cells to carry oxygen throughout your body. Eliminating these worms, especially in young children, is a major benefit of using bergamot oil. Rub 2–3 drops of bergamot oil into your hands, and rub it on your abdomen to kill infectious worms.

12. PROTECTION FROM TETANUS — Tetanus is a dangerous nerve ailment caused by the toxin of a common bacteria called *Clostridium tetani*. Bacterial spores are found in soil and house dust. If the spores enter a wound that penetrates the skin and extends deeper than oxygen can reach, they grow and produce a toxin that enters the bloodstream. Bergamot essential oil has disinfectant and antiseptic properties and the power to kill bacterium that lead to infections. Bergamot oil can keep wounds from becoming dangerously infected and, therefore, protects you from developing tetanus. Using a cotton ball, add five drops of bergamot oil and gently rub it onto the infected area.

13. RELIEVES CONGESTION — Bergamot oil is an anti-congestive, which means it relieves congestion and respiratory problems. This oil can be useful when battling a cold or cough. It loosens phlegm and mucus in the respiratory tract and helps the body to eliminate this undesired buildup by sneezing and coughing. This helps the body eliminate the germs and toxins that develop in your body when you're sick. Use a vaporizer or oil burner, or rub five drops of bergamot oil into your hands and cup your mouth and nose. You can also try rubbing the oil on your throat and chest. In addition, you can consume bergamot oil by adding it to tea or drinking Earl Grey tea that already includes the oil.

Research, Unique Compounds and Studies

An interesting study notes that citrus extracts, particularly bergamot essential oil, exhibit anti-cancer properties, but the poor water solubility, low stability and limited bioavailability prevent the use of bergamot oil in cancer therapy.

To overcome such drawbacks, researchers formulated bergamot oil liposomes, or artificially prepared doses, that improve the water solubility of the natural chemical compounds and increase their anti-cancer activity in vitro against human cancer cells. The results need to be investigated further, but the use of bergamot oil on cancer patients is an exciting prospect and proves that essential oils are powerful natural remedies.[\(4\)](#)

Another interesting study conducted in 2011 hypothesizes that applying blended essential oil to participants helps in treating depression or anxiety. The blended essential oil consisted of lavender and bergamot oils, and participants were analyzed based on their blood pressure, pulse rates, breathing rates and skin temperature. In addition, subjects had to rate their emotional condition in terms of relaxation, vigor, calmness, attentiveness, mood and alertness in order to assess behavioral changes.

Compared with the placebo, blended essential oil caused significant decreases of pulse rate and blood pressure. At the emotional level, subjects in the blended essential oil group rated themselves as “more calm” and “more relaxed” than subjects in the control group. The investigation demonstrates the relaxing effect of a mixture of lavender and bergamot oils, and it provides evidence for its use in medicine for treating depression or anxiety in humans.[\(5\)](#)

13 uses for Bergamot Oil



1

ANTIDEPRESSANT

Components of bergamot essential oil are both antidepressant and stimulating. They create a feeling of joy, freshness and energy by improving the circulation of your blood.

Remedy

Use bergamot oil by rubbing 2-3 drops into your hands and cupping your mouth and nose. Breathe in the oil slowly. Try rubbing the oil on your feet and stomach, too.



2

STIMULATES HORMONAL SECRETIONS

Bergamot oil helps to maintain proper metabolic rates by stimulating hormonal secretions, digestive juices, bile and insulin. This aids the digestive system and enables the proper absorption of nutrients.

Remedy

Try using an oil diffuser or burner, or you can add 2-3 drops of oil to your temples or abdomen.



3

CURES INFECTIONS

It's used in skin soaps because it inhibits the growth of germs, fungi and virus. Bergamot oil also cures infections of the intestines, kidneys, colon and urinary tract.

Remedy

Try drinking Earl Grey tea, or rub bergamot oil onto your throat, abdomen and feet. Using a oil vaporizer is also a great option.



4

RELIEVES STRESS

It reduces nervous tension, and feelings of stress and anxiety. This powerful oil has the power to stimulate hormones such as dopamine and serotonin, which create feelings of sedation and relaxation.

Remedy

Use bergamot oil in a diffuser or oil burner.



5

REDUCES PAIN

Because bergamot oil increases hormone secretions, it lessens the sensitivity of nerves that create pain. It helps reduce the symptoms of sprains, muscle aches and headaches.

Remedy

Rub 5 drops of bergamot oil on sore muscles or where you feel tension.



6

HEALS SKIN

It tones the skin by making the supply of melanin even. These scars can be the result of acne or skin infections or irritations.

Remedy

Put five drops of bergamot oil on a cotton ball or pad and rub it on the infected area. You can also add 10 drops of bergamot oil to your warm bath water.



7

HELPS DIGESTIVE SYSTEM

It stimulates the production of digestive juices, making the breakdown of foods in the digestive tract easier, as well as muscle contractions in the intestines – quickening the digestive process by moving your waste through your intestines as your body absorbs nutrients.

Remedy

Try rubbing five drops of bergamot oil onto your stomach in order to ease digestive issues or regulate your appetite.



8

DEODORANT

It prevents the growth of germs that cause body odor; the refreshing and citrusy smell of bergamot oil is used as a natural deodorant and air freshener.

Remedy

Add 2–3 drops of bergamot oil to the deodorant that you already use everyday, or you can even add the oil directly to your arm pits.



9

REDUCES FEVER

It fights infections that are caused by harmful bacteria, and it also reduces body temperature by alleviating stress and stimulating hormone secretions.

Remedy

Use bergamot oil in a diffuser or oil burner.



10

CAVITY PROTECTION

Bergamot oil helps infected teeth; it removes germs from your teeth when used as a mouthwash, and it protects your teeth from the development of cavities.

Remedy

Rub 2-3 drops of bergamot oil on your teeth, or add it to your toothpaste.



11

KILLS INTESTINAL WORMS

Because bergamot oil kills germs, it's used to treat intestinal worms. Intestinal worms results in malnourishment and can cause anemia.

Remedy

Rub 2-3 drops of bergamot oil into your hands and rub it on your abdomen to kill infectious worms.



12

PROTECTION FROM TETANUS

Bergamot oil has disinfectant and antiseptic properties, and has the power to kill bacterium that lead to infections.

Remedy

Using a cotton ball, add five drops of bergamot oil and gently rub it onto the infected area.



13

RELIEVES CONGESTION

An anticongestive, it relieves congestion and respiratory problems. It loosens phlegm and mucus in the respiratory tract and helps the body to eliminate this undesired buildup by sneezing and coughing.

Remedy

Use a vaporizer or oil burner, or rub five drops of bergamot oil into your hands and cup your mouth and nose. You can also try rubbing the oil on your throat and chest.



DIY Recipe

Many colognes contain synthetic fragrances that can be toxic. Instead, try this [homemade men's cologne](#) recipe! It's easy to make, and the bergamot oil provides health benefits while adding a warm and masculine smell.

Note: Citrus essential oils are highly concentrated and full of healthy acidic properties! Because of this, we recommend you use glass containers when storing them so they don't eat away any of the plastic.

HOMEMADE MEN'S COLOGNE

Total Time: 2 minutes

Serves: 30

INGREDIENTS:

- 5 drops cedarwood essential oil
- 3 drops bergamot essential oil
- 2 drops sandalwood essential oil
- 1/2 pint (300 milliliters) 70 percent alcohol or vodka
- glass roll on tube or glass cologne spray bottle

DIRECTIONS:

- 1 Mix all ingredients together and store in a glass bottle

Adding bergamot essential oil to my [homemade conditioner](#) recipe is a great way to hydrate your hair, especially if it's naturally oily. The result is soft, luscious and healthy hair. Bergamot oil removes germs from your hair and scalp, and leaves you feeling calm and serene.

You can also add bergamot oil to your shampoo, toothpaste, face wash, body wash and body lotion. Two-to-five drops of oil benefits your skin, teeth and hair.

Remember that bergamot oil is an ingredient in Earl Grey tea. If you want to take advantage of the amazing benefits of this powerful oil, drink tea with bergamot oil daily. It can impact your digestion, hormonal secretions, mood and appearance.

Bergamot Oil Side Effects

Bergamot essential oil is safe for most people when added to food or applied topically in small amounts. Although the oil has been used extensively for many years, there are only been a few reports of phototoxic reactions to bergamot aromatherapy oil.[\(6\)](#)

It may make the skin sensitive to the sun and more vulnerable to skin cancer — people who work with bergamot can develop skin problems, including blisters, scabs, pigment spots, rashes, sensitivity to the sun and cancerous changes.

Because bergamot oil might increase your sensitivity to sunlight, applying it topically along with medication that increases sensitivity to sunlight could increase the chances of sunburn, blistering or rashes on areas of skin exposed to sunlight. Be sure to wear sunblock and protective clothing when spending time in the sun, especially if you use these types of medications.

There have been serious side effects in children who have taken large amounts of bergamot oil, and it shouldn't be used by women who are pregnant or breastfeeding.

Bergamot oil may lower blood sugar levels in people with diabetes. This could affect blood sugar control and cause blood sugar levels to go too low. If you use

bergamot oil and have diabetes, make sure to monitor your blood sugar levels regularly. If you are scheduled to have surgery, stop using bergamot oil at least two weeks beforehand — it may interfere with blood sugar control during the procedure.



MYRRH OIL



Myrrh Oil Benefits & Uses

Myrrh is most commonly known as one of the gifts (along with gold and frankincense) the three Wise Men brought to Jesus in the New Testament. It was actually mentioned in the bible 152 times! Myrrh was important in biblical times as it was used as a spice, a natural remedy, and to purify the dead.[\(1\)](#)

Myrrh oil is still commonly used today as a remedy for a variety of ailments. Researchers have become interested in myrrh due to its potent antioxidant activity and potential as a cancer treatment. It has also been shown to be effective in fighting certain types of parasitic infections.

What is Myrrh?

Myrrh is a resin, or sap-like substance, that comes from a tree called *Commiphora myrrha*, common in Africa or the Middle East. Myrrh is botanically related to Frankincense, and is one of the most widely used essential oils in the world.

The myrrh tree is distinctive due to its white flowers and knotted myrrh tree trunk. At times, the tree has very few leaves due to the dry desert conditions where it grows. It can sometimes take on an odd and twisted shape due to the harsh weather and wind.

In order to harvest myrrh, the tree trunks must be cut into to release the resin. The resin is allowed to dry and begins to look like tears all along the tree trunk. The resin is then collected and the essential oil is made from the sap via steam distillation.



Myrrh oil has a smoky, sweet or, sometimes, bitter smell. The word myrrh comes from the Arabic word “murr” meaning bitter. The oil is a yellowish, orange color with a viscous consistency. It is commonly used as a base for perfume and other fragrances.

Two primary active compounds are found in myrrh, called terpenoids and sesquiterpenes, both of which have anti-inflammatory and antioxidant effects. (2) Sesquiterpenes specifically also have an effect on our emotional center in the hypothalamus, helping us remain calm and balanced. Both of these compounds are under investigation for their anti-cancer, antibacterial benefits as well as other potential therapeutic uses.(3)

Myrrh Oil History

Myrrh essential oil has been used for thousands of years in traditional healing therapies and in religious ceremonies. Common myrrh oil uses historically, include:

- Fragrance
- Embalming
- Flavoring for food
- Treating hay fever
- As an antiseptic to clean and heal wounds
- As a paste to help stop bleeding

The Chinese frequently used myrrh as a medicine, and it remains a part of traditional Chinese medicine to this day. The main myrrh oil use by the Egyptians was for embalming and the Jews used it to make the holy anointing oil that was used in worship services.(4)

The most common historical myrrh oil use was to burn the resin over hot coals. This would release a mysterious, spiritual presence into any room before a religious ceremony. It has also been used in aromatherapy for its meditative quality or for prayer, usually in combination with frankincense.

The smell of myrrh has been traditionally seen as a symbol of suffering, burned at funerals or other sad events. But, at times myrrh is blended with citrus oils to help produce a more uplifting aroma. These lighter blends have been used to help promote inspiration and emotional insight.

Myrrh Oil Benefits

Myrrh oil has many potential benefits, although further research is needed to determine exact mechanisms of how it works and dosages for therapeutic benefits. Here are some of the main benefits of myrrh oil use:

1. POTENT ANTIOXIDANT

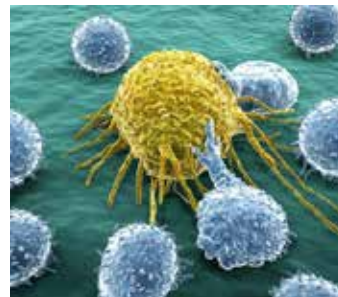
A 2010 study in the *Journal of Food and Chemical Toxicology* found that myrrh could protect against liver damage due to its high antioxidant capacity. Although this particular study was conducted with rabbits, there is some potential for uses in humans also.[\(5\)](#)

2. ANTI-CANCER BENEFITS

Myrrh has also been found to have anti-cancer benefits. A 2011 study found that myrrh was able to reduce the proliferation or replication of human cancer cells.

Researchers found that myrrh inhibited growth in eight different types of cancer cells, specifically gynecological

cancers. Although further research is needed to determine exactly how to use myrrh for cancer treatment, this initial research is promising.[\(6\)](#)

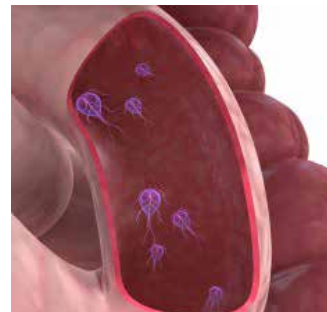


3. ANTIBACTERIAL AND ANTIFUNGAL BENEFITS

Historically, myrrh was used to treat wounds and prevent infections. It can still be used in this manner on minor skin irritations such as athlete's foot, ringworm and acne. Apply a few drops to a clean towel first before applying it directly to the skin.

4. ANTI-PARASITIC

A medication has been developed using myrrh as a treatment for fascioliasis infection, a parasite that has been infecting humans worldwide. This parasite is generally transmitted by ingesting aquatic algae and other plants. A medication made with myrrh was able to decrease symptoms of the infection, as well as a drop in parasite egg count found in the feces.[\(7\)](#)



5. SKIN HEALTH

Myrrh can help maintain healthy skin. It can help soothe chapped or cracked skin. It is commonly added to skin care products to help with moisturizing and also for fragrance. Ancient Egyptians used it to prevent aging and maintain healthy skin.

6. RELAXATION

Myrrh is commonly used in aromatherapy for massages. It can also be added to a warm bath or applied directly to the skin.

Myrrh Oil Uses

Essential oil therapy has been used for thousands of years and is the practice of using oils for their health benefits. Each essential oil has its own unique benefit and can be incorporated as an alternative treatment to a variety of ailments.[\(8\)](#)

MYRRH OIL

USES

1 DIFFUSE OR INHALE IT

You can purchase an essential oil diffuser to use throughout the house when you are trying to achieve a certain mood. Or add a few drops to hot water and inhale the steam. Myrrh oil can also be inhaled when you are sick to help improve the symptoms of bronchitis, colds, or coughs.

2 APPLY IT DIRECTLY TO THE SKIN

It is best to mix myrrh with carrier oils such as jojoba, almond, or grape seed oil before applying it to the skin. It can also be mixed with an unscented lotion and used directly on the skin. Due to its antioxidant properties, it is great for antiaging, skin rejuvenation, or healing of wounds.

3 USE AS A COLD COMPRESS

Myrrh oil has many healing properties, therefore add a few drops to a cold compress and apply it directly to any infected or inflamed area for relief. It is anti-bacterial, anti-fungal, and helps reduce swelling and inflammation.

4 TAKE IT INTERNALLY

Myrrh oil can help promote tissue repair, clear toxins, and prevent infection. It has several therapeutic properties, therefore it can be beneficial for healing of specific ailments.

5**RELIEF FOR UPPER
RESPIRATORY PROBLEMS**

It can work as an expectorant to help relieve the symptoms of coughs and cold. It can be used to relieve congestion and help reduce phlegm.

6**DECREASE IN DIGESTIVE
PROBLEMS**

Another myrrh oil use is to help relieve digestive problems such as stomach upset, diarrhea, and indigestion.

7**HELPS PREVENT GUM DISEASE
& MOUTH INFECTIONS**

Due to its anti-inflammatory and anti-bacterial properties, myrrh can help relieve inflammation of the mouth and gums caused by diseases such as gingivitis and mouth ulcers. It can also be used as mouth rinse to prevent gum disease. It can also freshen your breath and commonly used as an ingredient in mouthwash and toothpaste.

8**HELPS TREAT
HYPOTHYROIDISM**

Myrrh is a natural remedy for hypothyroidism, or a low functioning thyroid. Since it helps reduce stress, it can also help decrease stress on an overtaxed thyroid. Put 2-3 drops directly onto the thyroid area daily to help decrease symptoms.

9**MAY HELP TREAT SKIN
CANCER**

As discussed above, myrrh is being studied for its potential anti-cancer benefits. It has been shown to be beneficial for skin cancer. Consider using it in addition to other traditional treatments, if you have been diagnosed with skin cancer. Apply a few drops per day directly on to the cancer site, always testing a small area first.

10**TREATMENT FOR ULCERS
AND WOUNDS**

Myrrh has the power to increase the function of white blood cells, critical for wound healing. It was found to decrease the incidence of ulcers and improve their healing time and can be used as a fungicide or antiseptic on small scrapes and wounds to prevent infection.

Generally, oils are inhaled, sprayed in the air, massaged into the skin, and, at times, taken by mouth. Fragrances are strongly connected to our emotions and memories as our scent receptors are located next to the emotional centers in our brain, the amygdala and hippocampus.

Generally myrrh oil uses are similar to using other aromatherapy oils:

1. DIFFUSE OR INHALE IT

You can purchase an essential oil diffuser to use throughout the house when you are trying to achieve a certain mood. Or add a few drops to hot water and inhale the steam. Myrrh oil can also be inhaled when you are sick to help improve the symptoms of bronchitis, colds or coughs.



2. APPLY IT DIRECTLY TO THE SKIN

It is best to mix myrrh with carrier oils such as jojoba, almond or grapeseed oil before applying it to the skin. It can also be mixed with an unscented lotion and used directly on the skin. Due to its antioxidant properties, it is great for anti-aging, skin rejuvenation or healing of wounds.

3. USE AS A COLD COMPRESS

Myrrh oil has many healing properties; therefore, add a few drops to a cold compress and apply it directly to any infected or inflamed area for relief. It is antibacterial, antifungal, and helps reduce swelling and inflammation.



4. TAKE IT INTERNALLY

Use caution when taking essential oils internally. A common use is to use it as a mouthwash to help prevent

dental infections. Although the FDA has approved myrrh as a safe food additive, taking concentrated forms or high doses can have unwanted side effects. It is best to ask your doctor or a licensed healthcare provider to avoid any complications.

You can also use myrrh to make various natural skin care products when it is blended with other ingredients. For example, consider making [homemade frankincense and myrrh lotion](#) to help heal and tone the skin.

It can also be blended with other essential oils to create a new scent. It blends well with citrus oil, such as bergamot, grapefruit or lemon, to help lighten up its fragrance.[\(9\)](#)

Myrrh oil can help promote tissue repair, clear toxins and prevent infection. It has several therapeutic properties, therefore it can be beneficial for healing of specific ailments.

Myrrh oil uses for therapeutic purposes include:

5. RELIEF FOR UPPER RESPIRATORY PROBLEMS

It can work as an expectorant to help relieve the symptoms of coughs and cold. It can be used to relieve congestion and help reduce phlegm.

6. DECREASE IN DIGESTIVE PROBLEMS

Another myrrh oil use is to help relieve digestive problems such as stomach upset, diarrhea and indigestion.



7. HELPS PREVENT GUM DISEASE AND MOUTH INFECTIONS

Due to its anti-inflammatory and antibacterial properties, myrrh can help relieve inflammation of the mouth and gums caused by diseases such as gingivitis and mouth ulcers. It can also be used as mouth rinse to prevent gum disease. It can also freshen your breath and commonly used as an ingredient in mouthwash and toothpaste.

8. HELPS TREAT HYPOTHYROIDISM

Myrrh is a natural remedy for hypothyroidism, or a low functioning thyroid. Since it helps reduce stress, it can also help decrease stress on an overtaxed thyroid. Put 2-3 drops directly onto the thyroid area daily to help decrease symptoms.[\(10\)](#)

9. MAY HELP TREAT SKIN CANCER

As discussed above, myrrh is being studied for its potential anti-cancer benefits. It has been shown to be beneficial for skin cancer. Consider using it in addition to other traditional treatments, if you have been diagnosed with skin cancer. Apply a few drops per day directly onto the cancer site, always testing a small area first.[\(11\)](#)

Myrrh can help strengthen the body's cells by acting as an astringent. It was used traditionally to help stop bleeding. Due to its astringent effects, it may also help prevent hair loss by strengthening the roots in the scalp.

10. TREATMENT FOR ULCERS AND WOUNDS

Myrrh has the power to increase the function of white blood cells, critical for wound healing. It was found to decrease the incidence of ulcers and improve their healing time in one 2010 study published in the *Journal of Immunotoxicology*.[\(12\)](#) A primary myrrh oil use is as a fungicide or antiseptic. It can help reduce fungal infections such as athlete's foot or ringworm, when applied directly to the affected area. It can also be used on small scrapes and wounds to prevent infection.

Myrrh Side Effects

Myrrh does have some side effects that need to be considered before using it therapeutically. As always, it is best to speak to your doctor or trusted healthcare provider first.

Since one of the most common myrrh oil uses is topical, people with sensitive skin should be cautious. Myrrh has been found to cause dermatitis, or inflammation of the skin, in some people. Always test it first in a small area before applying it all over the skin to make sure you don't have any allergic reaction.[\(13\)](#)

- If taken internally, myrrh may cause stomach upset and diarrhea. Although it is generally not serious, chronic diarrhea can lead to dehydration, so discontinue its use if you are experiencing gastrointestinal problems.
- Pregnant women should avoid taking myrrh because it may enhance uterine contractions.
- Another potential side effect of myrrh is heart irregularities and lowered blood pressure, although this is mostly seen at high doses of more than 2-4 grams per day. Anyone with a medical condition related to the heart should ask a doctor before using myrrh oil.
- Myrrh may lower blood sugar; therefore, it is not recommended for people with diabetes or other blood sugar conditions. Since it interacts with blood glucose, it is also not recommended for people undergoing surgery and it is best to stop its use at least 2 weeks before surgery.
- Myrrh oil is not recommended for people using anticoagulants as it may have potential interactions with this medication. It is also not recommended for people on diabetes medication, as there is a potential for a drug interaction.

With all these myrrh benefits and uses, there is sure to be many ways that myrrh oil will benefit you!