

Best 7 Essential Oils: Why & How to Use Them

By Morning: Spirit: Wolf-D.R.M.

The essential oil of a medicinal herb contains the most concentrated healing properties of the plant. With the advent of failing antibiotics in the face of super-resistant germs, essential oils are nature's answer to healing. The following is but a small sampling of the wide wonders of essential oils, their benefits and their traditional applications. When a bottle of super healing can cost less than \$20.00, and save you a trip to the emergency room, it might be time to give nature's "farmacy" a serious test-drive.

Peppermint ESSENTIAL OIL



Parts Used: leaf and stem herb

Country of Origin: India

Constituents: volatile oils - composed mainly of menthol, menthone, and menthylacetate), flavonoids, tocopherols, carotenoids, betaine, choline, azulenes, rosmarinic acid

Applications: Diffuse the oil in a sick room to ease the breath and kill germs, and apply the oil in a carrier such as extra virgin olive oil, to chest and throat. Topical applications work to remove bacterial, viral and fungal anti-bodies and their toxins. Drops in a foot bath are absorbed directly into skin for soothing relief.

Possible Benefits: dilate blood vessels, relieves congestion, headaches, muscle aches, nausea and fever, overall cooling, stimulant to heart, brain, and pancreas, anesthetic, pain, regulates ovarian hormones, flatulence, belching, headache, migraines, nerve pain, kidney and gallstones, cools a fever, menstrual cramps, sinusitis, calms the mind, uplifting, respiratory distress, aching muscles, nausea, increases blood flow and transport of white blood cells, sore throat, increases potassium absorption, stimulates the appetite, promotes digestive enzyme production,

Rosemary ESSENTIAL OIL



Parts Used: leaves, stems and flowering herb

Country of Origin: Morocco

Constituents: essential volatile oil – consisting mainly of borneol, camphene, camphor, cineole, limonene, linalool); flavonoids, rosmarinic acid and other phenolic acids; diterpenes, triterpenes

Applications: Topical applications of rosemary essential oils, either at site or under tongue, serve as a nerve stimulant, which boosts clarity and relieves lightheadedness, headaches, nausea, and motion sickness. A drop of essential oil under the tongue relieves nausea and headache. Applied on skin directly over the site will ease muscle pain, sciatica (when combined with Lemon Balm/Melissa oil), and neuralgia.

Possible Benefits: may repair and stimulate the thyroid and parathyroid, boost the metabolic rate, boost nerve communication and blood circulation, nerve stimulant, may relieve bronchitis, asthmatic bronchitis, viral infections, anti-spasmodic on the upper intestines and on gall bladder ducts, uplifting, ear infections, cramps, dry skin, regenerates the body, digestive, arthritis, aids memory, mental fatigue, restores suppression of menses after exposure to extreme cold, and mitigates painful or congestive menstruation, stimulates scalp circulation as a aid to alopecia and baldness, cellulite, rheumatoid arthritis, skin tonic. As an adjunctive therapy, it may help lower high blood pressure.

Tea Tree ESSENTIAL OIL



Parts Used: leaves/twigs

Country of Origin: Australia

Constituents: pinene, cymene, cineole, terpenes, terpinene, alcohols

Applications: Apply straight or diluted to carbuncles and pus-filled infections to dissolves pus

and inhibits bacterial growth without damaging the tissue surrounding it, even in the mouth. As topical therapy for parasitic skin diseases, such as ringworm, and provides astringent, anesthetic, and deodorant qualities. Its antimicrobial traits cleanse

wounds, bites, injuries, and may put a stop to Candida, yeast infections and athlete's foot fungus. Tea tree oil goes to work topically on fungal infections in finger and toe nails, herpes outbreak viruses, and mouth ulcerations and canker sores. A gargle with a few drops in water soothes a sore throat while killing the bacterial or viral invaders. Topical applications reduce pain and swelling, and may chase away incumbent or threatening pathogens on surfaces as a cleanser.

Benefits: acne, Candida, herpes, insect bites, scabies, penetrates pus, immune stimulant, protects against radiation, anti-infectious, antibacterial, anti-viral, anti-parasite, roundworms, digestive system, ear, nose & throat, genital infections, anesthetic after-shock, chicken pox, cold sores, dental abscesses, stimulant, staph infections, strep throat, sunburn, itching, tick bites, animal bites, lice, bad breath, athletes feet, sinus infections and congestion, skin irritations & diseases

Lavender ESSENTIAL OIL



Parts Used: flowers, leaves and stems

Country of Origin: Europe

Constituents: volatile oil (up to 1.5%, containing linalol, linalyl acetate, lavendulyl acetate, terpinenol, cineole, camphor, borneol, pinene, limonene), tannins, coumarins (coumarin, umbelliferone, hemiarin), flavonoids, triterpenoids, rosemarnic acid

Application: Dilute into carrier oil and rub into the spine, neck, or groin to improve circulation, promote dilation, and deeply penetrate to increase circulation and flow of energy, encouraging relaxation, rest, and calmness

Possible Benefits: acne, anxiety, burns, Candida, colds, depression, hypertension, prevent or discharge bacterial infection in gall bladder, appendix, stomach, throat, sinuses, and ears, break up old scar tissue, stretch marks, speed healing to injuries, sedative, calming, insomnia, muscle relaxant, inflammation, powerful tonic for the entire system, sunburn, depression, hiccups, skin conditions, asthma, bronchitis, headaches, insect/flea bites, sleep, deodorant, insect repellent, anti-cancer, antibacterial; viral; fungal, antioxidant, cardiac tonic, diuretic, lice, Lupus

Melissa ESSENTIAL OIL



Parts Used: leaves/flowers

Country of Origin: USA

Constituents: volatile oils (citral, citronellal, eugenol acetate, geraniol and other components), polyphenols, tannin, flavonoids, rosmarinic acid, triterpenoids

Applications: Direct topical applications eliminates cold sores

and herpes outbreaks quickly, when combined with valerian it can be more effective than sleeping pills. Babies that are teething, get over-excited, are peevish or sleepless, or experience colic will be soothed with a rub in carrier oil over the spine, groin, or lower abdomen. Daily applications of Melissa/lemon balm essential oil topically, on nail discoloration or abnormal nail growth, and athlete's foot will kill nail, hand, and foot fungi. Essential oil has also been known to help sciatic pain when applied regularly over pinched or swollen nerve site.

Possible Benefits: repairing damage to the teeth and sinuses, removes bacterial infections and viruses from the blood, mumps and chicken pox, headaches, depression, nervous stomach, sleep, calming, sedative, indigestion or flatulence, menstrual blues, hypnotic, hypotensive, inflammation, insomnia, hysteria, nervous crisis, irritability, anger, allergies, cold sores, herpes, depression, fevers, indigestion, infertility, nausea, menstrual irregularities, nervous tension, rejuvenates, shock, vertigo, strep throat, cold sores



Thyme ESSENTIAL OIL

Parts Used: whole plant

Country of Origin: USA

Constituents: thymol and carvacrol, rosmarinic acid

Applications: Directly applied

over spleen, appendix, and tonsils promotes white blood cell production/ immune boosting. A few drops under the tongue, repeated often, is a strong detoxifier for digestive and respiratory infections; asthma, whooping cough, and tonsillitis. Oil applied directly on heel pads is very effective against the parasite with teeth known as hookworm.

Possible Benefits: repair pancreas (pancreatitis, diabetes, hypoglycemia, etc.), boosts all digestive organs: colon, small intestines, stomach, appendix, bile duct, and pancreas duct, strongly antibacterial, mouthwash ingredient; wiping out bad breath, mouth ulcers, and abscesses, warming, relieves bronchial spasms, expectorates upper respiratory congestion, breaks fevers, powerful digestive stimulator, relieves burping and flatulence, gives physical energy, kills virus flues, congestion, colds, coughs, and sore throats, heart burn, migraine headache, and diarrhea, heals cuts, wounds, and burns, effective for dental care facial care, aphrodisiac, insect repellent, nerve tonic, expectorant, depurative.

Eucalyptus ESSENTIAL OIL



Parts Used: leaf and flowering herb

Country of Origin: India

Constituents: oil comprising 70% cineole, pinenes, sesquiterpene alcohols, aromadendrene, camphor, eucalyptol, Cuminaldehyde, menthol,

Applications: Directly applied in carrier oil to chest for easier breathing and congestion relief. Rubbing into site for pain relief of sore muscles and arthritic joints.

Possible Benefits: best reliever of colds and chest congestion, dilation, stimulation, circulation, penetrates through skin, muscles, tendons, ligaments and vessels, opens bronchial passages, sinus cavities/membranes, encourages breathing, clears clogged nasal passages and bronchi, assists allergies, arthritis, bronchitis, burns, cramps/abdominal, cuts and wounds, facial Care, flu/viruses, sore throat, gout, herpes, insect repellent, lice, lupus, neuralgia, rheumatoid arthritis, anti-inflammatory, antibacterial, anti-cancer

Some are dangerous, and are not to be used (except under medical supervision): Acorus calamus, Epazote, Mugwort, Pennyroyal, Rue, Sassafras, Tansy, Wormwood.

Safety Warning: Oils with thymol and carvacrol can increase the permeability of bacteria's outer membranes that work to keep out antibiotics. Do **NOT** use thyme, oregano, or rosemary when antibiotics are in use. The choice to continue antibiotics and/or opt for essential oils instead is to be made on a case by case basis.

For Children: Always use essential oil in a carrier oil such as extra virgin olive oil, apricot kernel oil, coconut oil, or avocado, sunflower, flax, grapeseed, hemp, or jojoba oils. General ratio of carrier oil to essential oil 10:1

We need not be victimized by drug resistant microbes created by antibiotics and vaccines, when we have access to the most potent emergency, and fast acting purity of plant oil concentrations. The complex actions of essential oils designed by nature makes them more intelligent than any pathogen and impossible for infectious microbes to become resistant to their infinite capability to heal.

In therapeutic doses, high concentrations of essential oils administered frequently (3-5 drops straight, or 10-15 drops in a carrier oil applied every 15 minutes to hourly) can take on every infectious microbe and prevail. Too little amount, with infrequent applications will tilt the scale in favor of the pathogen, but can be swung in the sufferer's favor with increased dosage and frequent administration to conquer every foe.