How to Use Essential Oils

- **Aromatically:** Diffuse oils into the air using a diffuser or humidifier. Aromatic use allows your body to “ingest” the oils for effective anti-inflammatory support.

- **Topically:** Mixing a few drops of oils (always follow directions) with a carrier oil and applying to the skin allows the oils to benefit the affected areas, and to be absorbed into the body as well.

- **Internally:** Essential oils ingested in an enteric-coated softgel can reduce unpleasant aftertaste and deliver nutrients directly to the small intestine for optimal absorption and bioactivity.

How to Choose the Best Essential Oils

Understanding what to look for when selecting an essential oil can be somewhat overwhelming. There are many different essential oil products, all making various claims regarding quality, purity, and therapeutic value. This process can be simplified by selecting a company that employs the highest-quality sourcing, validating, testing and delivery processes available. These processes should ensure that the source of the oils is of the highest grade, that the oils are validated as cell permeant, and that the oils are prepared, bottled and delivered using the highest-quality equipment and facilities. In short, such oils should be classified as “clinical grade.”

Benefits of Essential Oils for Chronic Inflammation

Inflammation: Bad News for the Body

Inflammation plays both good cap and bad cap in your body’s immune system. It is a key component of your body’s defense arsenal. An accidental cut will trigger an army of white blood cells called B lymphocytes, macrophages, neutrophils, and T lymphocytes to protect you against infection. This process causes two indicators of inflammation — swelling and redness.

The problem is that chronic, long-lasting and out-of-control inflammation are “too much of a good thing.” Inflammatory diseases are a hyper-exaggeration of the normal immune response. Chronic inflammation is now understood to be a key contributor to an increasing number of diseases. The other bad news about inflammation is it also accelerates the aging process. The list of inflammation-induced health concerns is a long one, ranging from asthma and Alzheimer’s to rheumatoid arthritis and cardiovascular disease.

How is the inflammation response triggered in the body? In addition to microbial infections, environmental toxins and stress, increasingly poor diets play a major role in provoking inflammation. With half of all American adults facing inflammation disorders, some scientists have looked to ancient remedies for help.

Chronic Inflammation: A Growing Problem

Some experts link chronic inflammation to more than 100 diseases, including the following: allergies, asthma, dementia, rheumatoid arthritis, osteoporosis, gout, lupus, psoriasis, inflammatory bowel disease, heart attack, congestive heart failure, Alzheimer’s disease, diabetes and chronic branchitis.

References


Great First Aid Options:

Easy Topical Use:

Unique Anti-Aging Benefits:

Protects Cellular Integrity:

Effective Internal Use:

Increased Omega-3s:

Key Anti-Inflammatory Compounds:

Great First Aid Options: Numerous oils are terrific options for common first aid problems such as rashes, burns, minor cuts, scrapes, bruises, insect bites and sunburn.

Offer a potent solution to the effects of chronic inflammation. The following are some of the most effective essential oils against inflammation:

Frankincense: This essential oil is recognized throughout the world for its anti-inflammatory action. Japanese researchers found that terpenic compounds in Boswellia carterii "exhibit marked anti-inflammatory activity," while a study at the University of Maryland School of Medicine showed that frankincense’s boswellic acids also reduce production of the inflammation messenger interleukin-1 and gamma interferon and also have immunomodulatory activity.

Ginger: A Danish study determined that ginger inhibits prostaglandin and leukotriene creation with no adverse effects reported in the patients, some of whom were in this study for 2.5 years. Ginger is a potent anti-inflammatory6 and strongly affects the biomarkers of inflammation.

Geranium: A study at Tokyo University Institute of Medicine showed that this fragrant essential oil can "suppress the inflammatory symptoms with multi-faceted lavender has anti-inflammatory properties. A study at the Louisiana University of Medical Sciences in Iran confirmed "the traditional use of Lavandula angustifolia for the treatment of painful and inflammatory conditions."

Laurus Nobilis: An animal study at the Pasteur Institute of Iran found that "the analgesic and anti-inflammatory effect of the essential oil was comparable to reference analgesics and non-steroidal anti-inflammatory drugs: morphine and paracetamol."

Eucalyptus Globulus: Studies have shown that Eucalyptus globulus has "neutrophil-dependent and independent anti-inflammatory activities." It "has the anti-inflammatory effect on chronic bronchitis" in an animal study, and can ameliorate inflammatory processes because it can "interfere with leukocyte activation."

Myrrh: This oil of antiquity decreases inflammatory cytokines.

Nutmeg: An animal study at the College of Medicine, University of Ibadan in Nigeria showed that nutmeg had anti-inflammatory and analgesic effects.

Peppermint: Several studies confirm that this cooling essential oil is a strong anti-inflammatory agent.

Thyme: Since nitric oxide plays a major role in inflammation, thyme was studied along with Eucalyptus globulus and documented to show "significant scavenging of NO (nitric oxide) radicals."

Cardamom: A Saudi study of cardamom oil determined anti-inflammatory, analgesic, and anti-inflammatory action. A Danish study determined that ginger inhibits prostaglandin and leukotriene creation with no adverse effects reported in the patients, some of whom were in this study for 2.5 years. Ginger is a potent anti-inflammatory and strongly affects the biomarkers of inflammation.

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