ESSENTIAL OILS for PAIN MANAGEMENT

Why Use Essential Oils for Pain Management?

- Statistics show prescription pain killers are addictive, toxic to our organs over time, and don't improve conditions that cause pain.
- Essential oils improve or resolve many pain issues safely without side effects.
- Essential oils have healthy benefits. Peppermint is effective for relieving pain AND is naturally antibacterial, eases stomach ache, lowers fever, and reduces congestion.
- Save money.
- Powerfully concentrated. Small amounts are effective and work quickly.

USER STORY: HEALING AN IMPINGED SHOULDER

CONVENTIONAL MEDICINE VS LEMONGRASS ESSENTIAL OIL

<table>
<thead>
<tr>
<th>Medicine Type</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Doctor's office visit to get a referral for a specialist</td>
<td>$35</td>
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<tr>
<td>Specialist office visit</td>
<td>$65</td>
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<tr>
<td>Physical therapy x 8 sessions</td>
<td>$215</td>
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<tr>
<td>TOTAL COST: over $300</td>
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<tr>
<td>Yoga for Beginner's DVD</td>
<td>$20</td>
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<tr>
<td>Applying oil daily, yoga 2x week</td>
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<tr>
<td>RESULT: No improvement. Special-</td>
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<td>ialist recommends narcotics and</td>
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<tr>
<td>surgery to correct the rotary cuff.</td>
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<tr>
<td>TOTAL COST: $33</td>
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<tr>
<td>RESULT: Lemongrass provides</td>
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<td>noticeable relief on first use.</td>
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<tr>
<td>After 3 weeks the pain is completely gone.</td>
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WINNER—Essential Oils

"After losing sleep because of the pain and not improving with therapy, I thought I was going to have to have surgery. I tried the Lemongrass oil on a whim, and it really helped. I did yoga to strengthen my shoulders and used the oil every morning. It got better everyday. After a few weeks the pain was GONE. Three years later I still have no pain." —David J.

WHAT ARE CERTIFIED THERAPEUTIC GRADE ESSENTIAL OILS?

100% PURE PLANT EXTRACTS

CONTAIN ZERO FILLERS, PESTICIDES, CHEMICALS, OR ARTIFICIAL INGREDIENTS

WORK QUICKLY

RELIEVE PAIN, SOOTHE EMOTIONAL DISTRESS, EFFECTIVE AGAINST VIRUS & BACTERIA

SAFE AND EFFECTIVE FOR ALL AGES

One oil for many pains

DEEP SOOTHING BLEND

USE IT FOR Arthritis Pain • Headaches • Inflammation • Joint Pain • Migraine • Carpal Tunnel • Muscle Pain • Bruises • Sprains • Rheumatism

CONTAINS: Wintergreen, Camphor, Peppermint, Blue Tansy, Chamomile, Helichrysum, Osmanthus.

"During the last trimester of my pregnancy, I experienced excruciating back pain. A visit to the chiropractor confirmed I had a rib that was being forced out of line. Applying this oil to my spine helped so much, and I was thrilled to have a natural alternative for pain. —Katie S.

Instead of these products, try essential oils, proven to be safe and effective. How many chemicals would Deep Soothing Blend remove from your home?

THE POWER OF ESSENTIAL OILS AS SHOWN IN STUDIES

Black Pepper proved an effective anti-inflammatory agent in conditions where moderate to severe pain existed, such as rheumatoid arthritis (see Aggarwal et al).

Rosemary diminished pain and peripheral pain similar to NSAIDs (see Dipe de Faria et al, 2011).

Peppermint had analgesic and anesthetic effects on the central and peripheral nervous systems as well as relaxing the gastrointestinal tract and having antitumor, antiviral, and antibacterial properties (see McKay and Blumberg 2006).

Peppermint (menthol) increased blood flow at the site of application for forty-five minutes and diminished pain (see Hong & Shellcock, 1991).

Wintergreen (methyl salicylate) relieved a patient's severe headache after it was applied to the temples (see Logan C.J. Stewart JT).

A blend including Lavender, Bergamot, and Eucalyptus reduced pain from diabetic peripheral neuropathy by at least 50 percent (see "Neuropen PN." 2010).

Geranium provided significant reduction of inflammation and prevention of arthritis in lab tests (see Maruyama et al, 200).

A blend including Clary Sage and Marjoram relieved menstrual cramp pain for at least 12 hours (see Hur et al, 2011).

Clove relieved needle insertion pain as well as benzocaine gel (see Alqasereh A. Alyahya A. Andersson L).

ESSENTIAL OILS FOR OVERCOMING DRUG DEPENDENCE

Bergamot for emotional support.

Lavender for anxiety.

Peppermint for headache, dizziness, and nausea.

Grapefruit for emotional support and to help with detoxing.

Grapefruit, Lavender, Sandalwood to deal with withdrawal symptoms.

HOW TO USE

- Apply to the back of the neck, bottoms of feet, temples, or forehead.
- Use in a massage.
- Diffuse or inhale from the bottle.
- Add Peppermint or Grapefruit to drinking water.
8 ESSENTIAL OILS FOR REDUCING PAIN

BLACK PEPPER: Fever, muscle aches and pains, neuralgia, rheumatic pain, sprains, stiffness

EUCALYPTUS: Blisters, bruises, burns, fever, headache, insect bites, muscle aches and pains, sprains, wounds

HELICHRYSUM: Bruises, muscle aches and pains, scarring, sprains, sunburn, wounds

LAVENDER: Bruises, burns, earache, headache, bites and stings, sore muscles, sprains, sunburn, toothache

LEMONGRASS: FEVERS, HEADACHES, MUSCLE PAIN, POOR CIRCULATION, CHARLEY HORSE

MARJORAM: Bruises, headache, muscle aches and stiffness, sore throats, strains

PEPPERMINT: Headache, cramps, fever, insect bites, migraine, muscle or nerve pain, toothache

ROSEMARY: Headache, migraine, muscle aches and pains, slow circulation, sore muscles

WINTERGREEN: Arthritic pain, bone spur, joint pain, headache, rheumatism, cramping

HOW TO USE ESSENTIAL OILS FOR PAIN

Simply apply essential oils to the area of pain. If the oil feels uncomfortable (too hot or cold), rub the area with vegetable oil to dilute. Do not dilute with water, as this can intensify the situation.

HOW MUCH: Apply 1-4 drops to painful area. To cover a large area, dilute with vegetable oil and apply.

HOW OFTEN: Repeat as often as needed.

COMPRESSES. Applying compresses helps drive essential oils into the skin. Hot is soothing for cramping or toothache; cold eases sprains or swelling. To make a compress, fill a large bowl with hot or cold water, then add 3 drops of essential oil. Dip a cloth into the water, then ring out excess. Place on the affected area until it reaches body temperature. Repeat as needed.

BATHS. Ideal for easing body aches and pain. Mix 2-5 drops of essential oil with epsom salt and add to running water. Recommended oils: Lavender, Rosemary, Eucalyptus, or Marjoram.

ESSENTIAL OIL PROTOCOLS FOR PAIN

ARTHRITIS: Apply Frankincense, Rosemary, or Marjoram.

ARTHRITIC PAIN: Apply Deep Soothing Blend, Wintergreen, or Marjoram.

OSTEOARTHRITIS: Apply Rosemary, Marjoram, or Deep Soothing Blend.

RHEUMATOID ARTHRITIS: Apply Marjoram, Lavender, Cypress, or diluted Oregano.

BLISTERS: Apply Lavender.

BONE SPUR: Apply Wintergreen, Cypress, or Marjoram.

BUNION: Apply Lemongrass or Wintergreen.

BRUISES: Apply Helichrysum, Eucalyptus, or Lavender followed by a cool compress.

BURNS: Cool burn with cold water; apply Lavender. Dilute to cover a large burn.

BURSITIS: Apply White Fir, Basil, or Cypress.

CARPAL TUNNEL: Apply Basil, Marjoram, or Lemongrass.

CHARLEY HORSE: Apply Lemongrass.

CUTS: Apply Lavender, then Helichrysum.

CRAMPS (DIGESTIVE): Apply Fennel or Peppermint.

CRAMPS (MENSTRUAL): Apply Clary Sage and/or Marjoram.

CRAMPS (MUSCLE): Apply Lemongrass or Peppermint.

EARACHE/INFECCTION: Apply Melaleuca, Basil, and Lavender behind ears and to bottoms of feet.

FEVER: Apply Eucalyptus, Peppermint, or Lemongrass to forehead, chest, or feet.

FIBROMYALGIA: Apply Deep Soothing Blend, Wintergreen, or Helichrysum.

GALLSTONES: Apply Grapefruit.

GOUT: Add Lemon to drinking water throughout the day. Apply Frankincense and Basil to painful areas, followed by a hot compress. Also try Lemongrass, Peppermint, or Wintergreen for painful areas.

HEADACHE: Apply Peppermint or Lavender to the back of the neck and temples and inhale. Use Wintergreen for tension.

Hemorrhoids: Apply Cypress or Basil. A shallow bath with Geranium can also be soothing.

IRRITABLE BOWEL SYNDROME: Add Peppermint or Fennel to drinking water; apply to stomach.

HERNIALED DISK: Apply Deep Soothing Blend.

INFLAMMATION: Apply Rosemary, Eucalyptus, or Lavender.

INSECT BITES/STINGS: Apply Basil. For itching, use Lavender.

J OINT PAIN: Apply Marjoram, Peppermint, Lemongrass, Deep Soothing Blend, or Wintergreen to affected area.

KIDNEY PAIN OR STONE: Add Lemon to drinking water. Apply a hot compress with Cypress.

LIGAMENT PAIN: Apply Lemongrass.

MIGRAINE: First sign—apply Frankincense to the roof of mouth. To soothe—apply Basil, Peppermint, or Wintergreen to neck and temples.

MUSCLE FATIGUE: Apply Marjoram, White Fir, or Cypress.

MUSCLE PAIN: Apply Marjoram, Deep Soothing Blend, Wintergreen, or Peppermint.

MUSCLE SPASM: Apply Marjoram or Deep Soothing Blend.

SCIATICA: Apply Deep Soothing Blend, Frankincense, or Basil.

SPRAIN: Apply Marjoram or Lemongrass.

SPASMS: Apply Lavender, Marjoram, or Helichrysum.

STRAIN: Apply Lemongrass.

STIFFNESS: Apply Marjoram or Lavender.

SUNBURN: Dilute Lavender and cover the burn. Add Peppermint for a cooling effect.

TENDONITIS: Apply Marjoram or Lavender.

TENNIS ELBOW: Apply Deep Soothing Blend, Eucalyptus or Peppermint.

TENSION: Apply Marjoram or Deep Soothing Blend.

TOOTHACHE: Apply Clove or Lavender. Gargle with water and oil to treat entire mouth.

FOR MORE INFORMATION OR TO PURCHASE ESSENTIAL OILS, CONTACT:

DISCLAIMER: This handout provides information on essential oils. It is not a substitute for medical advice. SAFETY PRECAUTIONS: Essential oils should not be used in the eyes, inside the ear canal, or on mucous membranes. If redness or irritation occurs, apply a carrier oil to the affected area—water will not dilute essential oils. Citrus oils and blends containing them can increase sun sensitivity; allow at least 12 hours between application and exposing skin to the sun.

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