



Due to the many new rules and regulations for the use of opioid (prescription addictive pain) medications, we would like introduce you to possibly using essential oils as an option to reduce pain and inflammation. Essential oils have been used for thousands of years and have fewer side effects than many modern drugs. They are also known to calm the mind and enhance relaxation.

If you suffer from chronic pain associated with arthritis, lower back pain, migraine headaches, fibromyalgia, long nerve pain such as sciatica or peripheral neuropathy, then essential oils can serve as effective home remedies to treat the pain for many people. Why not try some of these and see if it is helpful? What have you got to lose?

## **Essential Oils to Soothe Pain and Inflammation**

**1. Chamomile oil** has analgesic properties which soothes ***inflamed joints and muscles***. It is ***calming*** and can also relieve headaches, muscle aches, TMJ pain, and nerve pain (i.e., sciatica and mildly herniated disc pain). Chamomile can also soothe the digestive system and can relieve pain caused by excess gas, stomach cramping and PMS. It can also act as an effective pain reliever for arthritis, muscle spasms, hemorrhoids, stomach ulcers, mouth ulcers, and eczema.

***Use of Chamomile Oil for Pain Relief:*** Add a few drops of the essential oil to a carrier oil (i.e., coconut oil, jojoba oil or sweet almond oil) and massage the sore muscle or painful joint. You may also apply it topically over the affected area on the abdomen for internal cramps, GI issues or PMS. You can alternatively add a few drops of chamomile essential oil to a diffuser and inhale the therapeutic vapors deeply for approximately 15 minutes until your headache has eased or gone away completely.

**2. Lavender** is probably the ***best-known essential oil for pain relief***. It's been used for centuries to relieve ***migraines and headaches***. Lavender contains compounds that act as a ***mild sedative to reduce stress and anxiety***; thus, it can help eradicate muscle tension headaches at the source. Lavender is also **antimicrobial**, **antiinfectious** and **antiseptic**! If you were on a desert isle and could only have one essential oil with you, this would be it.

Studies have shown that applying lavender oil topically for pain relief was just as effective as some pharmaceutical anti-inflammatories and analgesics! A separate

study published in the journal *Evidence-Based Complementary and Alternative Medicine* found that applying lavender oil or inhaling it has a pain-relieving effect.

***Massaging lavender oil into the lower abdominal helps to relieve dysmenorrhea (painful menses).*** Inhaling lavender also was noted to have a ***morphine-like effect in patients recovering from surgery!*** The study also found that lavender was effective in reducing migraine pain and relieving neck and lower back pain.

***Using Lavender Oil for Pain Relief:*** Add up to 10 drops of lavender essential oil to your diffuser. Inhale the therapeutic vapors deeply for approximately 15 minutes until your headache or migraine pain has eased or gone away completely. Putting a few drops on your pillowcase at night can also help ease a bedtime headache, calm anxiety, and assist with initiating sleep.

Another way to use Lavender is to rub 1 to 2 drops of lavender essential oil into the palms of your hands. Then cup them over your nose and take 4-6 slow, deep breaths to ease acute migrainous headaches. You can also take Lavender **on the go** with you by adding 2 to 4 drops of lavender oil on a cotton ball, place it in a in sealed baggie to take with you OR you can get a diffuser pendant for a necklace to have the aroma in your aura all day long. This will allow you to breathe the lavender scent for headache relief and to remain calm and centered as you go about your daily activities.

While lavender oil is mild enough to be placed directly on small areas of the skin without being diluted for most people, if you have very sensitive skin, be sure to dilute it with a carrier oil of your choice.

**3. Sweet marjoram** essential oil has ***sedative and anti-inflammatory*** properties to alleviate headaches, migraines, neuralgia (nerve pain), stomach cramps, irritable bowel, and toothaches. It can also help ***relieve stress, anxiety and hyperactivity or restlessness***. It is also an antiseptic and antibacterial. It has been reported to help alleviate gas pain, to act as an expectorant, and also to curb an overactive sex drive. It should **NEVER** be used in pregnancy or in infants or young children because it stimulates blood flow. It has caused allergic reactions in some people – so perform a skin patch test to see how you will react to it first and you may mix with carrier oils to lessen the effect!

***Marjoram essential oil to relieve toothache:*** Place a drop or two directly on and around the sore tooth. If it's too potent for you, mix sweet marjoram oil with a half teaspoon of olive oil and use a cotton ball or your finger to place on and around the

painful tooth. Note: You can now also buy toothpastes that have Marjoram essential oil as an ingredient.

**4. Eucalyptus essential oil** has pain-reducing properties due to the *anti-oxidant, anti-inflammatory, and antibacterial* compounds it contains.

If you have *painful sinuses* due to colds, flu, or other respiratory infections, inhaling eucalyptus essential oil can help unblock sinuses and relieve the pain. Just add a few drops to a diffuser and plug it in or put a few drops on a wet wash cloth and place it over your nose.

For *muscle or joint pain*: Massaging eucalyptus oil (mixed with a carrier oil) applied in a circular motion over the area of discomfort, may help to relieve stress and pain. Eucalyptus oil is analgesic and anti-inflammatory in nature. Therefore it is often recommended to patients suffering from muscular aches and pains, rheumatism, lumbago, sprained ligaments and tendons and even nerve pain.

Eucalyptus oil is thought to be very effective against cavities, dental plaque, gingivitis and other dental infections due to its germicidal properties..

**5. Peppermint essential oil** is a great *muscle relaxant* when applied topically (and mixed with a carrier oil) and a very effective natural painkiller. It is very soothing for *muscular pain, back aches and tension headaches*. Peppermint oil can also relieve the pain associated with *Fibromyalgia and Myofascial Pain Syndrome*. We often recommend mixing a drop or 2 of Peppermint oil with Lavender oil for muscular pain and adding drop or 2 of Frankincense oil to the Peppermint oil for headaches

*Sinus problems*- Inhaling diffused peppermint oil containing menthol can immediately unclog your sinuses and help relieve sore throats. It feels refreshing and has a cooling effect. Peppermint acts as an expectorant and may assist in relieving discomfort from colds, coughs, sinusitis, asthma, and bronchitis. You can mix it with a carrier oil and rub some on the chest to soothe a cold or cough. Additionally, Peppermint oil also has an *antispasmodic effect when ingested*. Enteric-coated peppermint oil capsules relieve intestinal pain associated with *IBS (Irritable Bowel Syndrome)*.

**6. Rosemary essential oil** has analgesic and anti-inflammatory properties that makes it a great for *chronic pain relief*. We recommend mixing a few drops of rosemary oil with a few drops of peppermint oil with 1 tsp of coconut oil and rub it on sore muscles and painful joints.

It also helps Heal ***Neuropathy and Neuralgia*** – Take 2 drops of rosemary oil, 2 drops of helichrysum oil, 2 drops of cypress oil and 1/2 tsp of a carrier oil and rub on area of neuropathy.

The University of Maryland reports that rosemary can also help to ***improve the circulation of blood (which is important in pain management) and relieve muscle pain and spasms***. The German government recommends it for use in pain relief.

**7. Wintergreen** essential oil has been used for hundreds of years in pain management, especially ***to treat lower back pain, aching muscles and stiff joints*** with no side effects.

It was reported in the *Journal of Alternative and Complementary Medicine* that massage oil comprising 2.5% wintergreen oil had the same effect as 325 mg aspirin when massaged into the lower back.

**8. Thyme** essential oil can help to provide you needed relief from acute or chronic pain if you suffer from ***backache, muscles pains, or inflammation in joints***. The anti-inflammatory properties of thyme essential oil easily penetrate the surface of the skin to reduce pain.

A study published in the *Journal of Lipid Research* found that a compound in thyme called carvacrol suppresses COX-2, an enzyme connected with inflammation. Many non-steroidal anti-inflammatory drugs (NSAIDs) also work to suppress COX-2 to kill off the pain. There are studies that have shown that the antispasmodic effect of thyme essential oil ***can reduce the pain of menstrual cramps and is as effective as ibuprofen***.

**9. Clary sage** can be particularly helpful for women because of its ***hormone-like components***. In Europe, Clary Sage oil is used to help ease ***menopausal discomfort, menstrual pain and regulate menstrual cycles***. Due to its esters, it can help ***relax muscular spasms and pains*** that may arise from stress and nervous tension.

**This oil should be diluted with a carrier oil.** In spite of clary sage's benefits, it should **NEVER** be used if you're drinking alcohol or taking any narcotics. People with low blood pressure should also avoid using this herbal oil because of its ***hypotensive effects***. With its powerful sedative properties, clary sage oil can enhance the intoxicating and narcotic effects of alcohol and drugs.

Due to its estrogenic nature, clary sage essential oil may have a negative impact on people who need to regulate their estrogen levels. It is important for **people with estrogen-induced conditions to avoid using it**, and seek the advice of a healthcare professional. It **should be avoided by women during pregnancy because it stimulates menstrual flow**. Infants and young children should also be kept away from essential oils due to their highly sensitive skin!

**10. Sandalwood** oil helps to *manage pain and relax muscles* because it sedates the nervous system. Mixed with a carrier oil, Sandalwood makes an efficient pain-killing ointment for *sore muscles, muscle spasms, knee pain, and rheumatic conditions*. You can add a few drops to your *diffuser* and inhale it to help relieve headaches, migraines, and stress.

Another way that sandalwood helps to manage pain is by *sedating the nervous system*. A study in the journal *Planta Medica* found that *inhaling sandalwood essential oil has a relaxing effect and reduces the production of adrenaline*. Another study found that sandalwood oil has an *anti-inflammatory effect similar to that of ibuprofen and other NSAIDs*.

**11. Juniper berry** essential oil is most commonly used as natural *sore throat* remedy and helpful healer for *respiratory infections, fatigue, muscle aches, and arthritis*. It can also help *soothe skin flair-ups, boost the immune system, help with insomnia and aid with digestion*.

Research shows juniper berry essential oil contains over 87 different active constituent compounds, including strong *antioxidants, antibacterials and antifungals*.

Another traditional use of juniper berry essential oil is to treat *acid reflux and heartburn* without side effects. To soothe symptoms of *indigestion* you can massage one to two drops of juniper berry along with the equivalent amount of coconut oil over the entire stomach, abdomen and chest, or consider taking it internally as advised by your doctor or aromatherapist.

Juniper berry oil can also be diffused in your space or inhaled directly from the bottle.

**12. Ginger** essential oil can alleviate *joint pain* and ease *muscle stiffness*. The anti-inflammatory and analgesic properties of ginger derive from a compound called gingerol. Ginger oil is effective for pain relief when massaged into sore joints or painful muscles.

A review of the therapeutic properties of ginger found that it's a natural remedy for ***rheumatoid arthritis, menstrual cramps, joint inflammation, and osteoarthritis***. The review also found that ginger has a similar pain-relieving effect as NSAIDs like ibuprofen.

**13. Frankincense** enhances *circulation* which can thus improve ***arthritis, digestive problems and asthma, and reduce muscular pain***. Add Frankincense oil to the painful area directly, diffuse it, or add a drop or two to a warm, wet towel then place it over the painful body part or inhale the fragrance.

Frankincense oil can also be combined other essential oils with a carrier oil to rub into ***joints*** for effective pain relief. The *Journal of Ethnopharmacology* in 2016 published a study showing how frankincense has pain-reducing qualities. The oil works to block COX-2 (an enzyme connected with inflammation) and “exhibits significant anti-inflammatory and analgesic effects.”

**14. Yarrow** has been used for centuries in in China, Europe and India to calm **inflammation** for a variety of health issues, especially inflammation in the *intestines and female reproductive tracts*. Yarrow has been used in food and medicine since the Trojan wars in 1200 BC.

Researchers believe that yarrow's ability to quell inflammation is related to the fact that it contains both flavonoids and sesquiterpene lactones. The herb displays not only ***anti-inflammatory*** abilities, but also ***astringent*** properties. This is why yarrow is often included in topical products for inflammatory skin problems like **eczema**.

Yarrow is also ***antispasmodic*** which makes it useful for gastrointestinal concerns like ***diarrhea, flatulence and cramping***. It can be ingested as a tea for these problems. The oil can also be used topically on ***inflamed joints***.

A 2013 study published in *Phytotherapy Research* evaluated Yarrow's hypotensive, vasodilatory and bronchodilatory activities, so it can ***lower high blood pressure***, relax blood vessels and ***improve breathing***. Yarrow's effects on the study's animal subjects backed up the medicinal use in hyperactive cardiovascular and airway disorders like high blood pressure and **asthma**.

**15. Helichrysum** essential oil is one of the best essential oils for ***bruises***. The italidiones chemical component in helichrysum essential oil has remarkable anti-hematoma properties, meaning it can help to keep blood inside of a blood vessel after injury to a particular area. After icing the bruise mix a few drips of

Helichrysum with a carrier oil and gently apply it with your fingertips directly to the bruise

The *Journal of Pharmacy and Pharmacology* found that the pain-relieving power of helichrysum works in 3 ways; it ***reduces inflammatory enzymes, kills off free radicals, and reduces swelling***. Helichrysum oil is also used as ***an after-sun treatment*** to obtain relief from the pain of sunburn.

**16. Lemongrass** essential oil not only helps ***to boost your mood***, but it can reduce the symptoms of ***inflammatory painful conditions*** like arthritis and rheumatism. It can also be used for sore muscles. Just gently rub a drop or 2 with a carrier oil into the painful area.

The journal *Molecular and Cell Biology of Lipids* found that lemongrass inhibits inflammatory responses in the body. It does this similar to thyme and frankincense essential oils by blocking the COX-2 enzyme.

**\*\*\*Precautions When Using Essential Oils\*\*\*** When creating massage oil to apply essential oils for topical pain relief, you can dilute them in a carrier oil such as coconut oil, jojoba oil, olive oil, sweet almond oil or castor oil. Here are the **benefits of using some of these carrier oils for pain and inflammation relief:**

- **Coconut oil** has been shown to have anti-inflammatory and analgesic properties and can help to reduce pain and skin inflammation. It also helps the healing properties of essential oils to penetrate the skin deeper.
- **Jojoba oil is very close to sebum** – the oily substance produced by the skin to protect it. Jojoba oil also helps to reduce inflammation
- **Extra virgin olive oil** can help to reduce pain and inflammatory responses in the skin
- **Castor oil** [has anti-inflammatory properties](#).

Essentials oils are very potent and powerful; and thus it is best to dilute them in a carrier oil. How much depends on your purpose and the age of the user.

Join us in our **Online Courses** where we provide more information on **MANY OTHER alternative ways of obtaining pain relief!**

Wishing you the Best of Health,

Tracy and Marion