

Essential Oils - Inflammation

The following is an excerpt from Essential Oils Desk Reference Third Edition Compiled by Essential Science Publishing. (page 355)

Inflammation can be caused by a variety of conditions, including bacterial infection, poor diet, chemicals, hormonal imbalance, and physical injury.

Certain essential oils have been documented to be excellent for reducing inflammation. German chamomile contains azulene, a blue compound with highly anti-inflammatory properties. Peppermint is also highly anti-inflammatory. Other oils with anti-inflammatory properties include helichrysum, spruce, wintergreen, and clove.

Some oils are better suited for certain types of inflammation. For example:

- Myrrh and helichrysum work well for inflammation due to tissue/capillary damage, and bruising.
- German chamomile and lavender are helpful with inflammation due to bacterial infection.
- Ravensara, hyssop, and thyme are appropriate for inflammation caused by viral infection.

Single Oils: Wintergreen, helichrysum, clove, nutmeg, lavender, ravensara, thyme, German chamomile, Roman chamomile, cypress, myrrh, hyssop, peppermint, spruce.

Young Living Oil Blends:

Purification, PanAway, Aroma Siez, Melrose, ImmuPro, Relieve It, Exodus II.

Anti-inflammation blend #1:

- 10 drops fir
- 6 drops tea tree
- 4 drops German chamomile
- 2 drops peppermint
- 2 drops lemongrass

Anti-inflammation blend #2:

- 6 drops frankincense
- 6 drops fir
- 6 drops *Eucalyptus citriodora*
- 4 drops ravensara
- 3 drops wintergreen
- 1 drop peppermint

Application:

Topical: Dilute 50-50, 2-4 drops on inflamed area, 2 times daily. Compress, cold, 1-3 times daily as needed.

For assistance in ordering Essential Oils – phone 1.866.522.3484 or place your order at www.ATToils.com

For more information on using essential oils, contact a certified Aromatherapist in your area. Only use the purist quality oils available - Therapeutic-Grade Essential Oils. Inferior quality or adulterated oils most likely will not produce therapeutic results and could possibly be toxic. The Association French Normalization Organization Regulation (AFNOR) and International Standards Organization (ISO) set the standards and guidelines that help buyers differentiate between a therapeutic-grade essential oil and a lower grade oil with a similar chemical makeup and fragrance. All Young Living Essential Oils are based on oils that have been graded according to AFNOR standards.