

Cancer Answers

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Essential Oils...a Primer

I have always believed in the wonderful healing ability essential oils possess. Since biblical times essential oils have been used for everything from purification to healing infections to mood modifying. What is an essential oil...and can essential oils help cancer or cancer treatment side-effects? An essential oil is "the essence" of a plant, removed by compressing, steaming, dissolving or distilling. These oils produce the strongest odors, flavors, or medicinal properties because of their source. However, all essential oils are not created equal. Therapeutic grade essential oils are compressed, steamed, dissolved or distilled from plants that have been organically grown or from those that have grown wild in a clean environment. Additionally, these plants have had no chemical fertilizers added to the soil they were grown in and there have been no herbicides or pesticides used in crop cultivation. Not only do therapeutic grade essential oils possess stronger healing qualities than non-therapeutic grade - but you actually run the risk of harm using a non-therapeutic grade essential oil. So, be sure to check the bottle for therapeutic grade verbiage prior to purchasing it.

There are many ways to administer essential oils. (I cannot go into depth on each of them in this short article, so I will come back to this subject in next month's newsletter.) **First**, is to apply it directly to your skin. The bottom of your foot is the best place to apply 3 drops of oil. Lightly rub it into the entire sole of your foot. ALL essential oils should have a drop or two of a carrier oil, such as almond oil, added to them prior to applying them to your skin. **Second**, is to use these oils during massage. Your massage therapist is trained in essential oils so trust her/him in regards to which one(s), how much and where. **Third**, is by adding 5-10 drops to your bath water. This method will benefit you both through skin absorption and the aromatic fragrance. **Fourth**, is using a diffuser or vaporizer to diffuse it into the air. **Fifth**, is through internal consumption. Only therapeutic grade essential oils should ever be taken internally. Also, only SOME oils should be taken internally. A certified nutritionist can advise you regarding which oils these are. Make certain you also get the approval of your doctor if you are in treatment currently. **Sixth**, is to add a drop or two of an essential oil to your natural/organic skin toner, cleanser or moisturizer to address specific health or skin issues. (More next month.) **Seventh**, is as a perfume. Singly or several blended together, essential oils can evoke all kinds of emotion. **Eighth** - the final way to administer essential oils, is to replace caustic household and bathroom cleansers with natural/organic products formulated with essential oils. Many essential oils have potent anti-bacterial, anti-fungal and antiseptic properties. **Information on administration of essential oils taken from All Natural Prevention**

Essential Oils and Cancer

Here is a list of several essential oils that may be beneficial to you during your cancer treatment. Each of these essential oils have other therapeutic properties from the ones I have listed, however, I wanted to address the properties specific to cancer and its effects.

Basil may be useful for stomach discomfort, headaches and migraines. It also can increase mental clarity and relieve depression.

Begamot has been reported to raise white blood counts along with alleviating anxiety and depression.

Fennel oil is good for constipation, nausea and vomiting.

Frankincense has shown promise in the treatment of skin cancer. Remember that any alternative cancer treatment should not be considered a complete cancer treatment protocol.

Lavendar is known to relieve muscle pain, reduce inflammation, ease headaches and stimulate the immune system. It also can promote a calm mood.

Roman Camomile can be used to calm and heal wounds and aid in relieving PMS symptoms. Both Roman and German camomile have a calming affect on the entire body. That is why some people drink camomile tea prior to retiring for the night.

Sandalwood is useful for urinary tract infections and dry skin. Additionally, it calms the mind when dealing with chronic illness and the stress that brings.

There are many more beneficial essential oils besides these, but these are a great place to begin.

PLEASE NOTE: Esoteric Oils and Young Living Oils are two very respected therapeutic grade essential oil distributors.