

Common Health Problems and Essential Oils

<u>Problem</u>	<u>Description</u>	<u>Allopathic Treatment</u>	<u>Oils</u>	<u>Oil Application</u>
Arthritis	Rheumatic conditions are characterized by pain and stiffness in and around one or more joints.	Nonsteroidal anti-inflammatory drugs (NSAIDs). These drugs interfere with chemicals called prostaglandins in the body, which trigger pain, inflammation, and fever. Eat healthy. Exercise.	Frankincense, Rosemary, Marjoram	Apply on location. Apply with warm compress or massage. Add to bath. Diffuse.
Attention Deficit Disorder (ADD)	Trouble paying attention, difficulty controlling impulsive behaviors, overly active. No cure.	Best treated with a combination of medication and behavior therapy. Amphetamine Stimulants, Methylphenidate Stimulants, Nonstimulants, Antidepressants, Blood Pressure Medicines	Vetiver, Roman Chamomile, Lavender, Mandarin	Apply on location or to reflex points. Add to bath or massage oil. Diffuse.
Autism	Autism spectrum disorder (ASD) is a group of developmental disabilities that can cause significant social, communication and behavioral challenges.	There are no medications that can cure ASD or treat the core symptoms. Behavior & Communication Approaches, Dietary Approaches, Medication, Complementary & Alternative Medicines.	Vetiver, Lavender, Frankincense, Basil, Geranium, Peppermint	Apply on location, face, and/or reflex points. May need a carrier oil. Diffuse or Inhale.
Cancer	A disease in which cells in the body grow out of control.	Surgery, Chemotherapy, Hormonal Therapy, Biological Therapy, Radiation Therapy	Clove, Frankincense, Geranium, Lavender, Myrrh, Oregano, Rosemary, Sandalwood	Apply on location, face, and/or reflex points. May need a carrier oil. Diffuse or Inhale.
Diabetes	A disease in which blood glucose levels are above normal.	Medications, Exercise and Diet. Testing blood and injecting insulin.	Dill, Cinnamon, Coriander, or Ylang Ylang	Depending on which oil being used. Apply neat on location, on reflect points, or dilute with a carrier oil (coconut). Some can be diffused or inhaled.