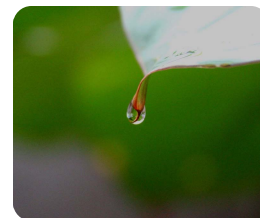


# *Essential Oils*

## *Then & Now Newsletter*

- By Joanna Barrett, RN, CNHP



March 2006

### **OILS ON THE FARMSTEAD (CONTINUED)**

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In this article I would like to give a few more specifics on the ways we use essential oils on our dairy farm.

One of the most important things to consider when using essential oil treatments is the quality of the oils. You must use 100% pure therapeutic grade oils to achieve positive results. Inferior grade oils can not only lessen the desired results but could also cause damage. For this reason we only use Young Living Oils.

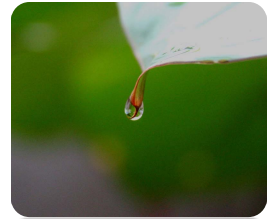
When treating our cows the most common problem is mastitis. When treating this we have learned to look past the mastitis to find the root cause. The most common cause is a systemic bacterial or viral infection. We treat this with a combination of Thyme, Oregano, or Thieves given internally. If there is a lot of swelling or hardening in the udder we mix an essential oil with a carrier oil and rub it directly on the udder. The most important part of treating any infection is to treat it for the proper number of days. For most mastitis problems a ten day treatment plan should be considered.

We have found oils to be a necessity when showing our animals. After one of our county fairs last summer, the whole show string came home with what seemed to be pink eye. We immediately started treating them with the commonly accepted antibiotic treatment of an injection under the hide and ointment in the eye. This did not touch the problem so investigated further and found it was a systemic virus that was causing runny eyes. We treated them with Thieves, given internally, and they all improved. Since we always had animals get sick at the fairs we started looking for something to boost their immune systems and protect them from getting sick. At the next fair we added Thieves to their drinking water once or twice a day and all the animals came home healthy. We used the Thieves at the rest of the fairs for the year and did not have any more illnesses brought home.

Our most common problem with calves is scours. There are a lot of recommended treatments including vaccinations given to the cows before calving. We have tried them all with limited success. Our greatest success in treating scours has come from a preventative treatment of two drops of Thieves, given once a day, in their milk. This is started at birth and continued for two weeks.

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We have greatly enjoyed using essential oils on our farm and would recommend them to anyone. Our favorite oils are Thieves, Thyme, and Oregano because they are effective in treating a wide variety of problems. These are the three oils I would recommend to anyone wanting to get started in essential oil treatment. It would be my pleasure to share our experiences with anyone who is interested.

Thank you Shari,

*Joanna*