

# Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



October 2008

## WHAT CAN THERAPEUTIC GRADE ESSENTIAL OILS DO FOR YOU?

### Part 1

We welcome you to peruse past articles on essential oils on our Website [www.onehealthylife.net](http://www.onehealthylife.net). I decided this time to do a general listing of JUST A FEW of the major ways essential oils can enhance our lives. Because everyone's body chemistry is different, there may be some oils that respond differently to you than for someone else. The following information is for your edification.

ALLERGY - Elemi (rashes), Eucalyptus, Lavender, Ledum, Patchouli, Spikenard, Peppermint, Melaleuca

ANTICOAGULANT – Cassia, Helichrysum, Lavender, Tangerine, Tarragon

ANXIETY – Basil, Bergamot, Cedarwood, Frankincense, Geranium, Lavender, Sandalwood, Ylang Ylang

CELLULITE – Spikenard (increases metabolism to burn fat) Tangerine (dissolves) fennel, grapefruit, sage

CIRCULATION – Helichrysum, Cypress, Clove, Goldenrod, Marjoram, Wintergreen, Peppermint

CLEARER THINKING – Rosemary, Peppermint, Cinnamon, Basil, Cedarwood, Citrus oils.

CONSTIPATION – Fennel, Juniper, Rosemary, Sandalwood, Tangerine, Patchouli, Marjoram, Tarragon

DECONGESTANT – Any of the Citrus oils, Cypress, Juniper, Patchouli, Melaleuca, Peppermint

DEPRESSION – Ylang Ylang, Sage, Bergamot, Ravensara, Juniper, Jasmine, Rosewood, Geranium

HELP ENERGIZE – Just about any Citrus or Mint

HYPERTENSION – Marjoram (regulates) Clove, Goldenrod, Lavender, Lemon, Nutmeg, Wintergreen

INFLAMMATION – German Chamomile, Wintergreen, Myrrh, Ravensara, Clove, Peppermint

IMMUNE SYSTEM– Eucalyptus, Frankincense, Oregano, Lavender, Tea Tree

INSOMNIA – Basil, Bergamot, Lavender, Valerian, Cedarwood, Orange, Sandalwood, Roman Chamomile

FERTILITY – Bergamot, Clary Sage, Fennel, Geranium, Melissa, Sage, Yarrow

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As you learn more about therapeutic grade essential oils you will find the ones that work best for you and your family. Remember - a little goes a long way - more oils are not necessarily better. Just a drop or two is usually all you will need to see results.

There are so many more uses for essential oils that are not listed here. Add a few oils to your collection every month or so to get to know them. Ask us how to support your immune system, and how to get therapeutic grade essential oils wholesale.

Many Blessings,

*Joanna*