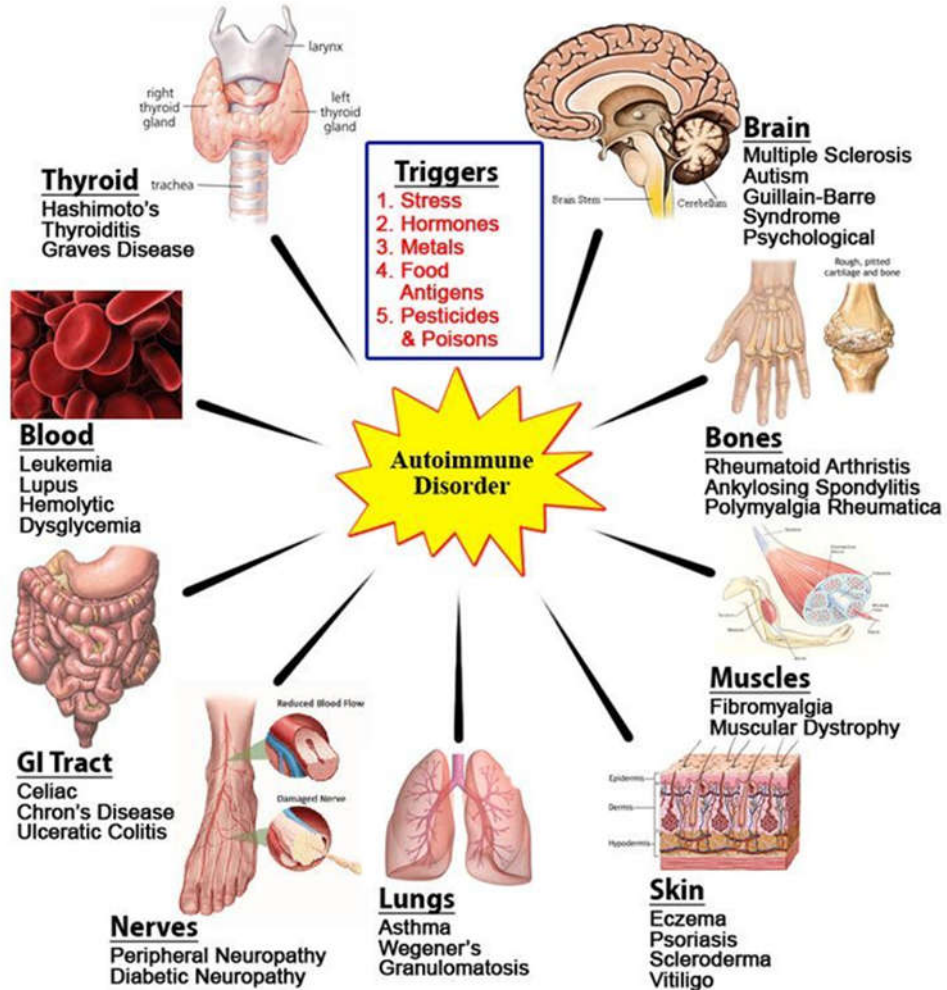




Using dōTERRA Essential Oils with Auto-Immune Problems

Tissues of The Body Affected By Autoimmune Attack



Contact:

Index of Using dōTERRA Essential Oils with Auto-Immune Problems

Contents

Arthritis	7
Candida	9,11
Colitis	5
Congestion	3
Crohn's disease	4,5
Detoxification	7
Eczema	8
Emotions	3
Fibromyalgia.....	6
Gout	7
Grave's disease.....	7,10
Headaches.....	3
Inflammation	4,5,6,7,11,12
Life Long Vitality	3,4
Lupus.....	9,10
Pain	3,5,6,7,10
PB Assist	4
Psoriasis	7,8
Raynaud's syndrome	3
Restful sleep.....	3
Skin.....	5,6,7,8,9,11
Stress.....	3,5,6,12
Thyroid	8,9,10,11,12

Essential Oils

Balance	3
Chamomile.....	8
Cinnamon.....	5,7
Clary Sage	5,6
Cypress.....	6,7
DigestZen	3
Easy Air	3
Eucalyptus.....	4,5,7
Frankincense.....	3,10,11
Geranium	11
Ginger	3,7
Juniper Berry.....	7
Lavender	3,6,11,12
Lavender Peace.....	3
Lemongrass.....	3,8,9,10
Myrrh.....	9,10
Peppermint	3,6
Terrazyme	3,4

Raynaud's syndrome

MORNING & EVENING SUPPLEMENTS TAKEN WITH FOOD

As with any supplement, take one type at a time and test for a minimum 4 days.

- TerraZyme (1) – Enzymes to help with digestion.
- Alpha CRS+ (2) – Helps immune function & inflammatory response to oxidative stress in cells.
- xEOMEGA (2) – Similar to fish oils, it helps joint function, heart health, and brain function.
- Microplex VM (2) – maintains the cells by supplying vitamins and minerals commonly missed in diets.
- Except for TerraZyme, these supplements are sold together as doTERRA's Life Long Vitality Pack.

OILS AND METHODS

With an empty vegetable (Size 0) capsule, digest these oils together:

- Ginger (2 drops) – anti-inflammatory to replace the Prednisone medication.
- Frankincense (4-6 drops, still testing) – anti-inflammatory to replace the Prednisone medication.
- DigestZen (2 drops) – digestive blend to replace the Asacol HD.
- Peppermint (1 drop) – digestive blend to replace the Asacol HD.

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With an aroma diffuser, I use 2 drops each of these oils for aromatherapy:

- Lavender – overall stress, use for daytime
- Lavender Peace – calming oil used before bedtime to induce a restful sleep
- LemonGrass – daytime oil for headaches and pain
- Balance – Geared toward the central nervous system, this oil helps calm spikes in emotions.
- Easy Air– Use at the onset of cold, flu, and congestion.

Do doTERRA Oils Work for my Autoimmune Disease (Initial Review)?

Since the timing of this post, I have been using the above protocol for a month. Before I was on the oils, I tried getting off Prednisone and had multiple symptoms come back the next few days. On 2/19 I tried again by not taking any Prednisone at night and the usual 1/2 pill (5mg) daytime. While the first morning was difficult, I am now able to manage my symptom and pain without needing the Prednisone again at night. The next test will be next week when I get off Prednisone completely and the final major test for these oils will probably be a month after my body is in remission. At that time, I will stop using the oils & supplements to see if there is a difference.

Reference: <http://100percenthealth.us/year1-2/doterra-aromatherapy-essential-oils-for-autoimmune-disease/>

NOTE: dōTERRA Life Long Vitality supplements are good for getting energy and supporting everything you have going on. They have essential oils in them as well as vitamins and minerals from whole food sources. They also have a 30 day money back guarantee.

Crohn's disease

My husband also has Crohn's and he swears by the LifeLong Vitality, Terrazyme and PB Assist supplements. They have changed his life!

Hannah G. Bountiful, UT

EUCALYPTUS ESSENTIAL OIL

Eucalyptus essential oils has a number of properties that make it particularly useful for treating autoimmune diseases and disorders. When it comes to treating inflammation,

which is a common denominator of most autoimmune diseases, eucalyptus essential oil is a powerhouse.

Use eucalyptus essential oil in a massage oil. To treat inflammation and joint stiffness, blend 40 drops of eucalyptus into 100ml coconut oil (or the carrier oil of your choosing) and massage it into the affected area before bed. Eucalyptus oil can also be diffused in an ultrasonic aromatherapy diffuser to help manage inflammation.

CINNAMON ESSENTIAL OIL

Cinnamon essential oils has powerful pain-relieving properties. Not only will this oil effectively treat inflammation, it also works as a local anaesthetic to provide a little bit of localised numbing for fast-acting, all-natural pain relief.

When it comes to applying cinnamon essential oil to your body, be very careful. While cinnamon is an effective pain reliever, it is also a potential irritant. Never apply it to your skin without diluting it in your favourite carrier oil and, even when diluting it, always do a skin test on a small patch of skin. Try diluting 30 drops of cinnamon essential oil into 100ml of carrier oil and applying the mixture to areas of discomfort.

Cinnamon is especially effective when it comes to treating the pain and discomfort associated with conditions like colitis and crohn's disease.

CLARY SAGE ESSENTIAL OIL

Clary sage essential oil is effective for treating autoimmune disease thanks to this oil's balancing properties. If you're like me and you find that stress aggravates your condition, or causes outright flair-ups, try diffusing seven drops of clary sage in your home.

Clary sage is also extremely effective when applied to your body. To apply clary sage, dilute 45 drops into 100ml of your preferred carrier oil and massage it onto your wrists.

Clary sage is also particularly effective when applied to the bottom of your feet. When you're feeling overcome by stress, apply a blend of 30 drops clary sage essential oil and 30 drops lavender essential oil diluted into 100ml of your favourite carrier oil and massage the mixture into the bottoms of your feet. Doing this in the evening, right before you climb into bed, helps you wake-up refreshed with reduced stress and anxiety levels.

CYPRESS ESSENTIAL OIL

Cypress essential oil is one of my favourite oils for treating autoimmune disease. It is extremely effective at treating inflammation and offers fast and effective relief from pain and discomfort

One of the things we are often asked , is what essential oil is best for fibromyalgia. The oil we recommend is: cypress essential oil.

To effectively treat pain associated with fibromyalgia, blend 30 drops of cypress essential oil and 20 drops of lavender essential oil, into 100ml of your favourite carrier oil and massage the blend into problem areas. For even more effective pain relief, add 5-10 drops of peppermint essential oil.

When using peppermint essential oil, never apply it undiluted to the skin and always do a skin test before applying it as peppermint causes an intense cooling and tingling sensation that it too uncomfortable for many people.

GINGER ESSENTIAL OIL

Ginger essential oil is one of the warming essential oils.

Ginger's warming properties make it particularly effective for treating pain and inflammation associated with autoimmune disease. To use ginger essential oil, blend 30 drops with 15 drops of eucalyptus essential oil and add 10 drops of cinnamon essential oil. Add the blend into 100ml of your preferred carrier oil and massage it into any problem areas.

For autoimmune diseases affecting the skin, blend 20 drops of ginger essential oil into 100ml of jojoba carrier oil. For skin conditions, always opt for jojoba as your carrier oil. It is the closest to our skin's own natural oils which means it won't cause additional irritation when applied to the skin.

JUNIPER BERRY ESSENTIAL OIL

Juniper berry essential oil is an intense and natural detoxifier. It's cleansing and detoxification properties are what make this essential oil especially effective for treating autoimmune diseases. Use juniper berry essential oil for treating all types of autoimmune disorders including: arthritis, gout, grave's disease, psoriasis and more.

To use juniper berry essential oil, blend 30 drops of juniper berry with 30 drops of cypress essential oil. Be sure to store the blend in a dark amber bottle and keep it out of direct sunlight. When you find yourself in the midst of an autoimmune flair-up, run yourself a warm bath, ensure the water is as warm as you can stand and then add a few drops of the juniper berry and cypress essential oil blend. When adding the blend to your bath, start with 2-3 drops and increase the essential oils as necessary.

With your bath drawn, all that's left to do is lay back & relax.

This blend of essential oils is also extremely beneficial when diffused in your home. Try diffusing 7-10 drops of the essential oil blend in your ultrasonic diffuser.

CHAMOMILE ESSENTIAL OIL

Chamomile essential oils is the most effective essential oil when it comes to treating skin conditions - especially when it comes to skin conditions related to autoimmune diseases.

For ailments like eczema, psoriasis and others affecting the skin, dilute 30-40 drops of chamomile essential oil into jojoba oil and apply the mixture to affected areas as needed throughout the day.

LEMONGRASS ESSENTIAL OIL

PRIMARY BENEFITS

- Supports healthy digestion
- Supports healthy thyroid functioning
- Soothes aching muscles
- Purifies and tones skin

USES

To help soothe sore joints or muscle sprains, combine equal parts Fractionated Coconut Oil and Lemongrass oil and rub topically on area of concern.

Apply topically to the thyroid area, mid-neck in the front, to support healthy thyroid functioning.

Use to flavour entrées and meat dishes while promoting healthy digestion.

Combine with Melaleuca and apply to toenails for clean, healthy nails.

Rub or spritz on skin before going outside. Lemongrass essential oil naturally repels insects and is one of the essential oils in our TerraShield® essential oil blend.

Thyroid Conditions

What I'd like to do now is discuss five essential oils that can benefit many people with thyroid and autoimmune thyroid conditions. Keep in mind that this list isn't all-inclusive, as there are many other essential oils that can be beneficial, although the ones listed below have a good amount of research supporting their benefits.

1. Lemongrass. Although there are numerous ways in which lemongrass can benefit one's health, with regards to those with thyroid and autoimmune thyroid conditions, lemongrass is especially useful for its anti-inflammatory and antifungal effects. One study showed that lemongrass oil inhibited the pro-inflammatory cytokines IL1 beta and IL-6

(1). Another study concluded that lemongrass essential oil and its constituents (citral and geranial) may be a therapeutic candidate for allergic and inflammatory diseases

(2). It also appears that lemongrass essential oil may have anticancer activity (3). Another study showed that lemongrass essential oils has antifungal effects against Candida albicans, C. tropicalis, and Aspergillus niger (4). Also effective with lupus.

2. Myrrh. Some sources claim that rubbing two or three drops of myrrh oil on the thyroid gland on a daily basis can help support thyroid health, especially in those with hypothyroidism. I couldn't find any research showing that myrrh can directly benefit thyroid health. However, in most cases it won't hurt to give this a try, and if

anyone reading this has noticed an improvement in their thyroid health by using myrrh oil please feel free to share your experience in the comments section below. Perhaps the improvement is due to the anti-inflammatory effects of myrrh, as the research does show that myrrh can reduce pro-inflammatory cytokines (5) (6), which can help reduce the autoimmune response, and this in turn might benefit people with autoimmune conditions such as Hashimoto's Thyroiditis.

3. Frankincense. Frankincense is one of the main essential oils used for immune system health. This is mainly due to the boswellic acids, which are the active compounds of frankincense (7). The chemical structure of boswellic acids is similar to steroids, although their actions are different from most painkillers and NSAIDs (7). Although I couldn't find anything in the literature which shows that frankincense has a direct effect on thyroid health, just as is the case with myrrh oil, some people claim that rubbing frankincense oil directly on their thyroid gland has helped to improve their thyroid hormone levels, and in some cases even shrink thyroid nodules. I can't say that I have patients who have experienced this, but if anyone reading this has had a positive experience with frankincense that relates to thyroid health then please share your experience. Frankincense is used in conjunction with lemongrass for lupus.

But even if frankincense doesn't have a direct effect on thyroid health, because most thyroid conditions are autoimmune, then using this essential oil can arguably help people with both Graves' Disease and Hashimoto's Thyroiditis. One specific study showed how the boswellic acids in frankincense can help to reduce Th17 cytokines, which are a factor in autoimmunity (8). The same study

showed that it can also increase regulatory T cells, which help to suppress autoimmunity (8). Another study showed how one of the boswellic acids in frankincense is a potent inhibitor of 5-lipoxygenase, which is an enzyme responsible for inflammation (9). In addition to helping with inflammation, frankincense might also benefit people with brain and memory conditions, along with asthma, skin conditions, inflammatory bowel disease, diabetes, and cancer (10).

4. Geranium. This essential oil has numerous benefits, but with regards to those people with thyroid and autoimmune thyroid conditions, its anti-inflammatory and antifungal effects are two of the more important properties. A few studies reveal the anti-inflammatory effects of geranium essential oil (11) (12). However, I would rely more on the other essential oils I have discussed thus far for inflammation, and would recommend this essential oil more for helping with candida infections, which is a common problem with my patients. One study showed that two of three geranium oil constituents (geraniol and geranyl acetate) exhibited anti-candida activity (13). Another study showed that the vaginal application of geranium oil or its main component, geraniol, suppressed candida cell growth in the vagina and its local inflammation (14). Another study showed that the essential oil not only resulted in the complete inhibition of Candida albicans, but it also showed anti-microbial activity against both gram-negative and gram-positive bacteria (15).
5. Lavender. This probably is the most well known of the essential oils I have discussed. And lavender has many different benefits. One study showed that lavender can

protect against diabetes and oxidative stress (16). Many know that lavender has a calming effect, and one study showed that lavender aromatherapy had a beneficial effect on insomnia and depression in women college students (17). Many people with thyroid and autoimmune thyroid conditions have sleep issues, and so lavender oil might help in some of these cases. Lavender also has anti-inflammatory effects, as a study showed that lavender essential oil inhibited inflammation induced by lipopolysaccharides (18). Another study showed that lavender has antioxidant, analgesic, and anti-inflammatory effects (19). There is also evidence that lavender has antimicrobial effects (20), and also has antifungal activity (21).

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