

# Menopause and Essential Oils

Perceived menopausal symptoms by participants.

| Symptoms            | Frequency (f) | Percent (%) |
|---------------------|---------------|-------------|
| Hot Flashes         | 93            | 77.5        |
| Fatigue             | 91            | 75.8        |
| Joint Pain          | 85            | 70.8        |
| Feelings of sadness | 77            | 64.2        |
| Anxiety             | 75            | 62.5        |
| Forgetfulness       | 73            | 60.8        |
| Reduced libido      | 72            | 60.0        |
| Night sweat         | 71            | 59.2        |
| Easily irritated    | 68            | 56.7        |
| Vaginal dryness     | 45            | 37.5        |
| Urinary symptoms    | 34            | 28.3        |
| Headache            | 29            | 24.2        |

For more information contact:

Val Leighton Diamond WA 201171

Phone: **0412 32 80 89**

Email: [val@earthgifts.com.au](mailto:val@earthgifts.com.au)

Web: <http://mydoterra.com/earthgifts>

Research: <http://sourcetouyou.com>

<http://www.aromaticscience.com/>

## How is menopause traditionally treated?

When you first start having menopausal symptoms, you should make an appointment with your doctor. Your doctor can give you helpful information as you begin your menopausal journey.

Drug therapy is typically used to treat symptoms of menopause. For many women, this may mean hormone therapy. Hormone therapy is the most effective treatment for hot flashes and night sweats. You may take doses of estrogen in pill, patch, gel, or cream form. Some women may also need to take progestin.

Estrogen can also relieve vaginal dryness. The hormone can be applied directly to the vagina via a low-dose tablet, ring, or cream. The estrogen is absorbed into the vaginal tissue.

Several medications are available for hot flash relief, including antidepressants and gabapentin (Neurontin). Women who can't use estrogen therapy often take gabapentin. **Gabapentin Side Effects:** Drowsiness, dizziness, loss of coordination, tiredness, blurred/double vision, unusual eye movements, or shaking (tremor) may occur.

Studies showed a transiently statistically significant positive association between amitriptyline and liver **cancer** and a negative association with pancreatic **cancer**; and that the **antidepressants** amitriptyline, nortriptyline, desipramine, and phenelzine may increase risk of breast **cancer**.

The **estrogen-replacement** drug Premarin, prescribed to menopausal women, is **made from horse urine**; in fact, the drug's name is short for PREgnant MAREs'urINE. About 750,000 mares are impregnated each year for the sole purpose of collecting their **estrogen-rich urine**. **Side Effects: Premarin** can increase the risk of endometrial cancer. **Premarin** also increases the risk of heart disease, stroke, heart attack, and blood clots.

Your doctor may also make fitness and dietary recommendations. Certain lifestyle changes may also help reduce symptoms.

# Women's Hormonal Health: Finding Balance

*By Dr. David K. Hill D.C. - Founding Executive, Chief Medical Officer / Chairman, Scientific Advisory Committee*

---

It's a simple fact: hormones get blamed for a lot— bad moods, aggressive moments, even sad days. Deserved or not, it is clear hormones play a significant role in many of the body's functions. Because hormones affect such a wide range of physiological processes, it is important to maintain hormonal balance. Hormone change can cause a wide variety of physical and emotional symptoms. Estrogen and progesterone are the main steroidal hormones that affect women's health. Each of these hormones has a broad scope of functions that extend far beyond reproductive health. In fact, female sex hormones influence energy levels, sleep cycle, brain function, bone health, heart health, weight management, and many other factors.

## An Expected Phase Of Life

As women age, their bodies naturally decrease production of estrogen and progesterone. These two hormones exist in a delicate balance, and when thrown off, can cause various health complications. Although this decrease in hormone production—or menopause, as we commonly refer to it—is natural as women age, it doesn't mean there are not uncomfortable symptoms associated with this process. During menopause, a woman's monthly menstruation cycle begins to cease, leading to the decline of fertility.

Menopause is a normal and expected phase of life that can be naturally managed through lifestyle modification and dietary supplementation. It most often begins naturally, but can also be initiated due to overexposure to toxins such as xenoestrogens or surgical procedures when reproductive organs are removed. No matter the cause, menopause is associated with a profile of symptoms including hot flashes, vaginal changes, leaky bladder, emotional shifts, and aging of the skin.

## Recognizing A Hormonal Change

Recognizing a hormonal imbalance is an important first step on your journey to health. The many testing procedures that exist to measure hormone levels are largely inaccurate because hormones are dynamic and fluctuate on a moment-to-moment basis. It is therefore more relevant to look at the common symptoms associated with hormone imbalance. Common symptoms to look for include:

- Irritability
- Digestive Problems
- Excessive Sweating
- Food Cravings
- Fatigue
- Loss of Muscle Mass
- Weight Gain
- Low Libido

## Maintaining Hormonal Balance

Maintaining hormonal balance is a lifelong process that is founded in the development of healthy lifestyle habits. A diet rich in fruits, vegetables, whole grains, and low-fat dairy products fuels your body with the nutrients it needs for optimal function. Additionally, exercise helps manage weight and the hormone metabolite load, and improves the body's production of hormones. Because hormone balance is also affected by exposure to toxins, stress, exogenous (outside) hormone exposure, inflammation, etc., the Lifelong Vitality products should be included as a foundational step in achieving hormone health.\* These products not only provide essential vitamins and minerals, they also include many ingredients shown to manage oxidation, maintain a healthy immune response, and even influence hormonal activity.

In addition to the core daily nutritional elements mentioned above, it is important to add other supplements targeted specifically at hormone health.

The doTERRA<sup>®</sup> Phytoestrogen Lifetime Complex contains plant-based phytoestrogens, flax seed extract, and pomegranate extract. Phytoestrogens are adaptogenic molecules derived naturally from plants. These compounds have a two-fold function: they exert a mildly estrogenic effect in case of hormone deficiency or they act as competitive inhibitors that decrease the action of harmful metabolites or block xenoestrogens.\* Flax seed extract reduces hormone metabolite load and offers other benefits.\* On the other hand, pomegranate extract helps to manage the physical symptoms of menopause including hot flashes and aging of the skin.\*

Some essential oils can also exert beneficial effects to help manage symptoms of hormonal changes. Basil may help to ease monthly feminine discomfort.\* In addition, ClaryCalm<sup>®</sup> Monthly Blend, a specially formulated blend of 12 essential oils, can be applied to the skin for a soothing effect.

Although hormones are dynamic, the functions in the body are far reaching and have tremendous impact on other areas of health. Natural alternatives, including lifestyle modification, consistent use of essential oils, and nutritional supplementation, can help manage symptoms associated with hormone change. During menstrual cycle, apply to abdomen to experience a soothing and calming massage.

"Menopause is a normal and expected phase of life that can be naturally managed through lifestyle modification and dietary supplementation."

# Essential oil for menopause: How it helps

By *Kate Shkodzik, MD* — Medical Doctor, Medical Advisor

If you haven't had a menstrual cycle in 12 months, it's safe to say that you've entered menopause. Menopause is a biological process that every woman goes through, and it marks the end of your fertile years.

Although you might be experiencing symptoms like mood swings, weight gain, and waves of heat, it's vital for you to understand that menopause can't be reversed. But those symptoms can be treated to help minimize your discomfort. To treat moderate or severe symptoms of menopause, doctors may prescribe hormone replacement therapy after thorough examination to ensure you have no contraindications.

But you can also decrease the severity of symptoms with the help of essential oils for menopause. If you want to avoid prescription hormone medications, essential oils for menopause may offer natural and effective relief.

In addition to using essential oils for menopause internally, you can also use oils externally by applying them on your skin. You can apply them on your lower abdomen or the back of your neck, or to the bottoms of your feet for a complete body experience.

## Essential oils for hormone imbalance symptoms

Hormone imbalance symptoms can be so intense that women often wonder if they will ever be able to live a normal life. Symptoms include fatigue, insomnia, depression, and mood swings.

Here are our five favourite essential oils to help manage these symptoms:

- **Lavender oil.** The change in hormone levels during menopause can cause problems with sleep and lead to feelings of depression. Lavender oil is one of the most recommended essential oils, as it promotes feelings of relaxation. Try adding one drop of diluted lavender oil to a cold compress and placing it on an area that causes you discomfort.
- **Geranium oil.** Geranium is another essential oil that's been found to help menopausal women manage mood swings. Try adding two drops to a

napkin and inhaling for instant stress relief. One study showed that women who used geranium essential oil had an improvement in depression after 8 weeks. Moreover, if you suffer from dry skin, add a few drops to the water and enjoy a nice, relaxing bath.

- **Basil oil.** Studies have shown that basil is a great essential oil as it contains an estrogen hormone-like component — meaning it can help your body adjust to the changing estrogen levels, reducing the unpleasant discomfort of menopause.
- **Ylang-ylang oil.** This essential oil is best-known for its intoxicating aroma, which can calm and uplift the mind and body while relieving stress and tension. It also works wonders with reducing anxiety and depression. Simply open your bottle of ylang-ylang, take a sniff, and feel your anxiety melt away. The oil is also great for combating low libido, another common symptom of menopause.

## Essential oils for hot flashes

Hot flashes are the most common symptoms of the menopausal transition. They're sudden feelings of warmth, which are most intense over the face, neck, and chest. The main cause of hot flashes is a drop in estrogen levels, so the best treatment option for moderate to severe hot flashes is hormone replacement therapy, if it is not contraindicated for you.

Contraindications are:

- History of breast or endometrial cancer
- Porphyria
- Severe active liver disease
- Thromboembolic disorders
- Undiagnosed vaginal bleeding

If you're looking to address the discomfort yourself, there are several essential oils for hot flashes that can lessen it and promote a more positive transition:

- **Peppermint oil.** Peppermint oil is one of the most popular essential oils for hot flashes. Reduce discomfort by simply misting it on your face

using a water spritzer or try adding two drops to a tissue and holding the tissue up to your nose while slowly inhaling.

- **Clary sage oil.** Hot flashes can be naturally remedied with the help of clary sage oil. Simply rub three drops of this essential oil for hot flashes across the back of your neck or all over your feet. For a quicker effect, try adding a few drops to a napkin and inhaling and exhaling slowly.
- **Basil oil.** You can also use basil oil to relieve the symptoms of hot flashes during your menopause by applying the diluted oil to your feet or the back of the neck.

## Essential oils for vaginal dryness

As women age, their estrogen levels naturally decline. Women experience this decline through symptoms like hot flashes, but also vaginal dryness, its thinning and becoming less elastic, and changing to light pink or even white in color. All these changes are called vaginal atrophy. You can try using commercial lubricants, but they contain many chemicals that can contribute to vaginal dryness. So, what other options do you have?

You can try making your own natural lubricant. The most commonly used ingredients for preparing natural lubricants are ghee and organic coconut oil. Adding essential oils for vaginal dryness to the mix to help soothe the vaginal tissue.

Some of the best essential oils for vaginal dryness include:

- **Sandalwood** — soothing, moistening to the tissue, relieves irritation and itchiness
- **Rose** — soothing, supports healthy tissue regeneration, reduces irritation
- **Roman chamomile** — anti-inflammatory and antimicrobial
- **Cape chamomile** — anti-inflammatory, supports cellular regeneration, reduces itching
- **Lavender** — soothing and anti-inflammatory
- **Frankincense** — soothing to mucous membranes

## Essential oils for perimenopause

The transitional period from fertility to menopause is called perimenopause. This period can last anywhere from a few months to a few years, during which time women can experience a wide range of symptoms. These symptoms include hot flashes, mood swings, and fatigue, among others.

The good news is that naturally supporting your body with high-quality essential oils for perimenopause can help you feel better. Here are the best essential oils you can use:

- **Peppermint and wild orange.** These oils are great for energizing your body and mind. Try diffusing them in the morning or adding a drop to your palms, rubbing them together, and then deeply inhaling the scent.
- **Clary sage, ylang-ylang, and lavender.** These oils help keep cortisol levels stable while calming your body and mind. They can also support your libido.
- **Geranium.** Geranium essential oil can naturally support estrogen levels while also supporting a healthy mood.
- **Bergamot.** This oil supports mental health by energizing and relaxing your body and mind.

Menopause can be an overwhelming transition, but it's important to remember that it's just that — a transition. It's a temporary change in your life that can be manageable. Be gentle with yourself, take care of your mind and body, and turn to essential oils for menopause to support you through this period.

## Can Essential Oils Provide Menopause Relief?

### Overview

For many women, menopause is a milestone moment. It not only signifies the end of monthly menstruation, but it also marks a women's decline in fertility.

Although some women may notice changes in their 30s, many women won't experience menopause until their 40s or 50s. By definition, a woman has

reached menopause when 12 consecutive months have passed without a menstrual period.

Many women experience symptoms such as hot flashes or fatigue. These symptoms can disrupt day-to-day activities. Although these symptoms can be uncomfortable, there are homeopathic ways to help you cope. Essential oils may help relieve some of the symptoms that you're experiencing.

## **How can essential oils help provide relief?**

If you aren't interested in prescribed medications to help you manage your symptoms, you might consider alternative solutions. Some essential oils have been found to provide relief when applied on different areas of the body.

These oils come from many different plant sources and can often be found in their natural form. They're also available in forms ready for immediate application, such as oils or creams.

Essential oils are used in aromatherapy. The essence of these oils is meant to be inhaled (directly or through a diffuser) or diluted and applied to the skin.

These five essential oils may help relieve your symptoms:

### **1. Clary sage**

Hot flashes are a quick sensation of heat that pulsates throughout your body. These may be naturally remedied by rubbing three drops of clary sage oil across the back of your neck or all over your feet.

For even quicker relief, consider adding a few drops to a tissue or napkin and inhaling and exhaling softly. This allows the oil to enter your body through your nose. This process can also produce antidepressant like effects.

Clary sage is also thought to help slow the development of osteoporosis. Women experiencing menopause have an increased risk for osteoporosis due to a decline in oestrogen. During this time, bone breakdown overtakes bone development.

## 2. Peppermint oil

Peppermint oil may also reduce your discomfort when experiencing hot flashes. Add no more than two drops to a tissue. Hold the tissue up to your nose while breathing slowly.

This oil may also help relieve any cramping you may experience during this time. Although not common once menstruation has ended, it's typical to experience menstruation-related cramping (dysmenorrhea) during perimenopause.

Some women may continue to experience cramps once menstruation has ceased completely. This may be a sign of an underlying medical condition. If you're no longer menstruating and experiencing persistent cramping, consult your doctor.

## 3. Lavender

Lavender may help balance your hormones and soothe perineal discomfort. If the area around your perineum feels tight or otherwise uncomfortable, you may consider placing a cold compress on the area. You can add one drop of lavender oil to the compress for additional relief.

It's recommended that you only use the compress for up to 30 minutes. If you experience any stinging or burning, you should remove the compress and rinse the area with water.

Lavender can also promote feelings of relaxation and help improve the quality of your sleep. During this time, insomnia and other sleep-related problems are common. You may find it beneficial to add lavender aromatherapy to your nighttime routine.

## 4. Geranium

Geranium used as an essential oil has also been found to help menopausal women manage hormonal changes. One to two drops may be inhaled from a napkin for immediate stress relief. Geranium is also helpful for dry skin. Consider adding a few drops of the oil to the water during a relaxing, hot bath.

Research also suggests that this essential oil has antianxiety and antidepressant effects.

## 5. Basil

If you're looking for ways to increase your oestrogen levels or to help improve your mood, consider adding basil aromatherapy to your daily regimen. Basil can also be helpful against hot flashes when applied to your feet or rubbed across the back of your neck.

## 6. Citrus

Citrus oil aromatherapy is said to have a number of health benefits for women experiencing symptoms of menopause. Researchers in a 2014 study found the postmenopausal women who inhaled this essential oil experienced fewer physical symptoms and an increase in sexual desire.

In addition to a decrease in systolic blood pressure, they also experienced an improved pulse rate and oestrogen concentrations.

Citrus also has anti-inflammatory properties, which may help with any aches and pains you may be experiencing.

Take care with citrus oils, they make your skin sun sensitive. Avoid direct sunlight if applying citrus oils to your skin.

### **Risk factors to consider**

Speak with your doctor before using essential oils for menopausal relief. Your doctor will be able to tell you if the oils will affect any medications that you may be taking. You should also check with your doctor if you have any known allergies, as some oils may contain potential allergens.

If you plan to use essential oils, make sure you're clear on the instructions ahead of time.

Make sure you use an essential oil that has been tested multiple times to ensure the purity and potency of the oil. Oils labelled 100% pure may have fillers or be a synthetic oil, even organic labelling is misleading.

Unsuitable essential oils can be harmful if they're applied directly to the skin, so be sure to dilute this essential oil with a carrier oil. Coconut, jojoba, and olive oils are common carrier oils. A good rule of thumb is to add 1 ounce of carrier oil to every 12 drops of essential oil and mix.

You should always perform a patch test before doing a full application. To do this, apply the diluted oil to a small area of skin. The inside of the arm is generally a good location for this. Wait 24 hours to see if your skin experiences any inflammation or irritation. If you do, discontinue use. If nothing happens, it should be OK for you to do a full application.

If you're using an oil in a spray, make sure you're in an area with proper ventilation.

## **Essential oils and menopause: Can they help?**

Folk remedies have used essential oils for generations. Mainstream medicine, however, is only beginning to consider their effects. That means that research on their effectiveness is limited.

Although a handful of studies point to the power of essential oils, not all essential oils have been tested. This means that researchers do not yet fully understand which essential oils are the most effective, why some oils seem only to work for some women, or whether lifestyle factors, such as diet and exercise, can affect how well essential oils work.

In some cases, there is uncertainty about the correct dosage, or there is a debate about whether an essential oil is safe to consume or use on the skin.

Women interested in using essential oils should adopt a trial and error approach. A good option is to try different oils and doses under the direction of a doctor and an essential oil expert.

## **Oils to try**

The following oils may help reduce or relieve the symptoms of menopause.

## Phytoestrogens



Some research suggests pine oil may help to protect against osteoporosis.

Phytoestrogens are plant-based estrogens. Essential oils containing phytoestrogens may help balance hormones.

Since many of the changes associated with menopause are due to declining estrogen, phytoestrogens may improve a range of symptoms, including mood swings, hot flashes, and irregular periods.

Clary sage, fennel, cypress, angelica, and coriander oils may support hormone balance, according to one study.

The following essential oils may reduce the discomfort associated with menopause. Specialists recommend that women begin with just one essential oil at a low dose to test tolerance, gradually adding more oils or a higher dosage as needed.

### **Pine oil (Douglas Fir, Siberian Fir, Cypress)**

Research carried out on rats whose ovaries had been removed, found that pine oil reduced bone loss, protecting against osteoporosis. This research suggested that pine oil could also work in humans.

### **Lavender**

Lavender has long been used in aromatherapy to promote feelings of relaxation and support healthy sleep.

In addition to reducing the anxiety of menopause, lavender may help reduce menopausal symptoms, such as hot flashes, headaches, and heart palpitations.

## Rose

Some researchers have proposed that rose oil strengthens the uterus, potentially addressing menstrual cycle issues. In menopause, rose oil may improve mood and reduce hot flashes by balancing hormones.

## Geranium

Geranium has shown similar benefits to rose oil, balancing the hormones, supporting menstrual cycle regularity in perimenopause, and improving mood.

## Using the oils



Essential oils diluted with a carrier oil can be used in massage which may help with menopausal symptoms.

Concentrations of essential oils in different formulas can vary. As a result, it is safest to follow manufacturer recommendations when using them, since two oils might substantially differ in concentration.

Supporters of essential oils find that using them for aromatherapy is enough to get good results. Diffusing 3-5 drops of essential oil in a solution with water can help promote relaxation during the day. Essential oil diffusers are widely available at natural health stores and online.

Essential oils can also be used in massage. Users should dilute the oil with a carrier oil, such as fractionated coconut oil or jojoba oil. The mixture can then either be applied to pulse points or used during a massage.



A 2007 review of several essential oils in menopausal women found that a weekly massage of the abdomen, arms, and back over 8 weeks was enough to see results.

When artificial hormones are a safety concern, essential oils may help with menopause symptoms.

Some of the most common symptoms associated with menopause include:

- irregular periods during perimenopause
- changes in sleep, including insomnia
- anxiety, depression, irritability, and other mood changes
- changes in libido, especially a decreased interest in sex
- vaginal dryness and pain during intercourse
- weight gain, particularly around the waist
- bone loss and brittle bones
- muscle loss

As menopause continues, some women notice other changes, such as growing more facial or body hair, changes in voice, thinning hair, or changes in hair or skin texture.

## **Risks**

Essential oils are natural, but that does not mean they are safe in every formulation and dosage. Consuming essential oils is controversial, particularly since some essential oils are poisonous in large doses.

Over time, consuming essential oils may cause stomach or mouth irritation, and could even trigger more serious symptoms. Even in smaller doses, some essential oils can irritate the skin. The safest way to use essential oils is in aromatherapy or applied to the skin in a massage oil.

People should treat essential oils like any other medication and take the following precautions:

- Avoid using more than the recommended dosage. If a person accidentally uses too much, they should contact a poison control centre.
- Perform a patch test on a small area of skin before using essential oils for massage.
- Introduce only one essential oil at a time. Otherwise, if an allergic reaction occurs, it is impossible to know which oil caused it. If someone has an allergy to the plant from which the essential oil is derived, the essential oil will also likely cause an allergic reaction.

## **Other treatments**

For women who wish to avoid HRT, essential oils are not the only alternative. Lifestyle remedies can also help with many menopause symptoms. These include:

- consuming foods, such as soy, which contain phytoestrogens
- eating a healthful, balanced diet and limiting caffeine
- getting at least 30 minutes of exercise a day, 5 days per week
- quitting smoking
- maintaining a healthy weight
- adopting stress management techniques, such as meditation and deep breathing

## Hormonal Balance Essential Oils

| Oil                      | Wholesale | Retail |
|--------------------------|-----------|--------|
| <b>Hormone Imbalance</b> |           |        |
| Lavender                 | 28.00     | 37.00  |
| Geranium                 | 37.50     | 50.00  |
| Basil                    | 31.50     | 42.00  |
| Ylang Ylang              | 57.00     | 75.00  |
| <b>Hot Flashes</b>       |           |        |
| Peppermint               | 26.50     | 35.00  |
| Clary Sage               | 59.00     | 79.00  |
| Basil                    | 31.50     | 42.00  |
| <b>Vaginal Dryness</b>   |           |        |
| Sandalwood               | 110.00    | 147.00 |
| Rose Touch               | 110.00    | 146.00 |
| Roman Chamomile          | 70.00     | 93.00  |
| Frankincense Touch       | 68.00     | 90.00  |
| Wild Orange              | 14.00     | 19.00  |
| Bergamot                 | 41.00     | 55.00  |
| <b>Phytoestrogens</b>    |           |        |
| Siberian Fir             | 27.00     | 36.00  |
| Cypress                  | 20.00     | 27.00  |

To qualify for wholesale prices you must be a member of dōTERRA.

To join is a fee of \$35 plus your oils.

**Page left intentionally blank**

**Page left intentionally blank**