

# DōTERRA

## Essential Oils

### And

### MS



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# What is MS?

<https://www.msaustralia.org.au/what-ms>

A disease in which the immune system eats away at the protective covering of nerves.

In MS, resulting nerve damage disrupts communication between the brain and the body.

## **Symptoms**

MS symptoms are varied and unpredictable, depending on which part of the central nervous system is affected and to what degree. No two cases of MS are the same and symptoms, depending on where MS lesions develop on the brain and spinal cord, can manifest in many different ways.

The symptoms can be any combination of the five major health problems, including:

**Motor control** - muscular spasms and problems with weakness, coordination, balance and functioning of the arms and legs

**Fatigue** - including heat sensitivity

Other neurological symptoms - including vertigo, pins and needles, neuralgia and visual disturbances

**Continence care** - including bladder incontinence and constipation

**Neuropsychological symptoms** - including depression, cognitive difficulties and memory loss

The symptoms, severity and duration can vary from person to person. Some people may be symptom free for most of their lives, while others can have severe, chronic symptoms that never go away.

Physiotherapy and medication that suppress the immune system can help with symptoms, and slow disease progression. These are mostly steroids and immune suppressants.

Essential Oils can also help to lessen symptoms.

# Introduction

**Essentials oils** are the newest trend. If you are late to the party, that's OK. They've been around for centuries so they are likely to stick around for a while more. There's plenty of research behind this aromatic fad. We've uncovered some ways **essential oils** that might help **with multiple sclerosis**.

Most medical doctors don't consider them a valid treatment for what ails you, but those who use them are true believers. But check with your doctor first. By and large, though, they're worth a try.

The *National Center for Biotechnology Information* states that, in MS patients, "essential oils (aromatherapy) may give symptomatic relief with sleep, relaxation, joint mobility, and an improved sense of well-being." We include details of essential oils that may help to ease symptoms of various conditions.

## Why dōTERRA?

- CPTG Certified Pure Tested Grade—An Innovative Standard
- In Australia the oils are going through TGA certification. Some of the oils are already listed as medicine.

dōTERRA CPTG Certified Pure Tested Grade® essential oils represent the safest and most beneficial oils available in the world today. For an oil to be CPTG Certified Pure Therapeutic Grade the oil must be:

- Pure and natural, with aromatic compounds carefully extracted from plants, not synthetically produced
- Free from fillers or artificial ingredients; no dilution of active qualities
- Free of contaminants, pesticides, or chemical residues
- Rigorously tested for standards of chemical composition
- Cross tested using mass spectrometry and gas chromatography to ensure exact purity and composition potency
- Sourced by a global network of leading essential oil chemists and growers to ensure correct species, growth in ideal environments, and that raw plant materials were carefully harvested at the right time and processed to extract the most benefits

## Early research shows possible benefits in these areas:

<https://multiplesclerosisnewstoday.com/multiple-sclerosis-social-clips/2016/09/29/essential-oils-therapy/>

### **For Pain:**

Marjoram, lavender, petitgrain, Roman chamomile, clary sage, lemongrass, helichrysum, peppermint, ginger, black pepper, siberian fir, copaiba.

### **For Stress:**

Frankincense, clary sage, wild orange, bergamot, grapefruit, ylang ylang, sandalwood, neroli, marjoram, petitgrain, mandarin, lavender, geranium, tangerine, jasmine.

### **For Sleep:**

Lavender, neroli, jasmine, marjoram, Roman chamomile.

### **For Sense of Well-Being:**

Frankincense, lavender, rose, mandarin, neroli, helichrysum.

### **For Headaches:**

Lavender, peppermint, marjoram, Roman chamomile.

### **For Circulation:**

Rosemary, ginger, black pepper, peppermint, lemongrass, geranium.

### **For Antioxidant Properties:**

Lavender, Black Pepper, Oregano, Thyme, Basil

### **For Anticancer Properties:**

Frankincense, copaiba, lemongrass, thyme.

### **For Anti-inflammatory Properties:**

Myrrh, frankincense, Ice Blue blend.

### **For Nausea:**

Peppermint, spearmint.

### **For Brain Function and Nerve:**

Frankincense and Copaiba

### **For Hormone Regulation:**

Thyme, clary calm, whisper.

## Essential oils for pain

### Aromatouch Massage Blend 15ml

Combines Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender essential oils in a perfect blend that adds many important benefits.

### Siberian Fir (*Abies sibirica*) 15ml

This essential oil has a refreshing, woody scent that is known for its calming and relaxing properties. Siberian Fir has a unique chemical composition that is predominately bornyl acetate, which provides a majority of the easing benefits of this essential oil.

### Copaiba (*Copaifera* Essential Oil) 15ml

The oil is derived from the resin of the copaiba tree which can grow upwards of more than 30 metres and can be found in tropical South America. Since the 16th century, copaiba essential oil has been utilised in traditional health practices by the natives of north and northeastern Brazil.

### Peppermint (*Mentha piperita*) 15ml

The peppermint plant is a hybrid of watermint and spearmint. It has a cooling, relaxing effect when rubbed on skin.

### Ice Blue Rub 120ml

Is a rich, topical cream infused with the Ice Blue Soothing Blend of CPTG Certified Pure Therapeutic Grade® essential oils. Formulated with a proprietary blend of natural plant extracts and other powerful ingredients, Ice Blue Rub provides a comforting sensation of cooling and warmth to problem areas. Made with doTERRA's top-selling Ice Blue essential oil blend of Wintergreen, Camphor, Peppermint, Blue Tansy, Matricaria (German Chamomile), Helichrysum, Ylang Ylang, and Osmanthus

### Lemongrass (*Cymbopogon flexuosus*) 15ml

Lemongrass essential oil promotes an overall sense of emotional and spiritual wellbeing. Lemongrass is an ideal oil to use in massage therapy.



# Essential Oils for Stress and Anxiety

## Lavender (*Lavandula angustifolia*) 15ml

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities continue to be Lavender's most notable attributes.

## Balance Grounding Blend 15ml

The warm, woody aroma of dōTERRA Balance Grounding Blend creates a sense of calm and relaxation. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquility and relaxation.

## Cheer Uplifting Blend 5ml

Blend of citrus and spice essential oils provides a cheerful boost with an uplifting scent that invigorates your senses. Its sunshiny, fresh, optimistic aroma will brighten any moment of your day. Wild Orange, Clove, Star Anise, Lemon Myrtle, Nutmeg Kernel, Vanilla Bean Extract, Ginger, Cinnamon Bark, Zdravetz Herb

## Adaptiv Calming Blend 15ml and 10ml Roll On

Adaptiv Calming Blend oil is perfect for life's most stressful moments. Useful when a big meeting is coming up, or for other important events, Adaptiv Calming Blend helps improve sustained attention while easing the body and mind. Wild Orange, Lavender, Copaiba, Spearmint, Magnolia, Rosemary, Neroli, and Sweetgum





## Essential Oils for Sleep

### **Lavender (Lavandula angustifolia) 15ml**

Lavender has been used and cherished for centuries for its unmistakable aroma and myriad of benefits. In ancient times, the Egyptians and Romans used Lavender for bathing, relaxation, cooking, and as a perfume. Its calming and relaxing qualities continue to be Lavender's most notable attributes.

### **Balance Grounding Blend 15ml**

The warm, woody aroma of dōTERRA Balance Grounding Blend creates a sense of calm and relaxation. We perfectly blend Spruce, Ho Wood, Frankincense, Blue Tansy, and Blue Chamomile with Fractionated Coconut Oil to offer an enticing fragrance that promotes tranquillity and relaxation.

### **Easy Air Clear Blend 15ml**

Is a remarkable blend of essential oils including Laurel Leaf, Peppermint, Eucalyptus, Tea Tree, Lemon, Cardamom, Ravintsara, and Ravensara. dōTERRA Easy Air™ can be applied topically to the chest, back, or bottom of feet, or diffused at night time to calm the senses before a restful nights sleep.

### **Lavender Peace Restful Blend 15ml**

Has a calming and relaxing aroma that provides a unique user experience. This perfectly balanced, tranquil blend can be felt immediately, transporting the user to a state of blissful repose. Lavender Flower, Cedarwood, Ho Wood Leaf, Ylang Ylang Flower, Marjoram Leaf, Roman Chamomile Flower, Vetiver Root, Vanilla Bean Absolute, Hawaiian Sandalwood Wood





## Essential Oils For Sense of Well-Being

### **Frankincense (*Boswellia carterii*, *frereana*, and *sacra* blend) 15ml**

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary benefits. When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall spiritual and emotional wellness.

### **Lavender (*Lavandula angustifolia*) 15ml—see page 7**

### **Rose Touch (*Rosa damascena*) 10ml Roll-on**

Rose Touch combines Fractionated Coconut Oil with Rose essential oil. Rose Touch can be applied to pulse points for an uplifting aroma.

### **Green Mandarin (*Citrus nobilis*) 15ml**

This essential oil is pressed from the unripened fruit of the mandarin tree. Internal use is known for its soothing properties for the nervous system and can be supportive of healthy digestive function. Green Mandarin may provide antioxidant support and help support cardiovascular health when taken internally.

### **Neroli Touch (*Citrus aurantium*) 10ml Roll-on**

This essential oil is derived from the flowers of the bitter orange tree. Much research has been conducted regarding Neroli essential oil. It has a calming uplifting aroma, promoting relaxation, spiritual and emotional well-being.

### **Helichrysum (*Helichrysum italicum*) 5ml**

Helichrysum is used in anti-aging products to help reduce the visible signs of aging to the skin. Helichrysum can help reduce the appearance of blemishes, and promote a glowing, youthful looking complexion.



## Essential Oils For Headaches:

**Lavender (*Lavandula angustifolia*) 15ml—see page 7**

**Peppermint (*Mentha piperita*) 15ml - see page 5.**

**Marjoram (*Origanum majorana*) 15ml**

Also known as “wintersweet” or “joy of the mountains”, Marjoram was known to the Greeks and Romans as a symbol of happiness. Valued for its positive, calming aroma.

**Roman Chamomile (*Anthemis nobilis*) 5ml**

Roman Chamomile grows close to the ground, reaching only up to a foot in height. It has gray-green leaves, flowers that resemble a daisy, and smells like apple. Roman Chamomile has a calming effect on the skin, mind, and body. It soothes body systems.



## Essential Oils For Circulation

**Peppermint (*Mentha piperita*) 15ml - see page 5.**

**Lemongrass (*Cymbopogon flexuosus*) 15ml - see page 5.**

**Rosemary (*Rosmarinus officianalis*) 15ml**

Rosemary is an aromatic, evergreen shrub whose leaves are frequently used to flavour foods. Rosemary has many benefits. Its herbaceous and uplifting scent is frequently used in aromatherapy.

**Ginger (*Zingiber officinale*) 15ml**

Sourced from Madagascar, dōTERRA Ginger essential oil is derived from the fresh rhizome of the ginger plant. Ginger has a hot, fragrant flavour when used as a kitchen spice. Ginger essential oil can also be applied topically or inhaled for a soothing aroma.

**Black Pepper (*Piper nigrum*) 5ml**

This essential oil is high in monoterpenes and sesquiterpenes, known as antioxidants. Black Pepper invigorates the skin but should be used with caution when applied topically due to its strong warming sensation.

**Geranium (*Pelargonium graveolens*) 15ml**

As an essential oil, Geranium has been used to promote the appearance of clear skin and healthy hair—making it ideal for skin and hair care products. The aroma helps promote a feeling of calm and balance.



## Essential Oils with Antioxidant Properties

**Lavender (*Lavandula angustifolia*) 15ml - see page 7**

**Black Pepper (*Piper nigrum*) 5ml - see page 10**

**Basil (*Ocimum basilicum*) 15ml**

Basil has a warm, spicy, yet herbal aroma. The aroma of Basil helps promote a sense of focus, calmness and a feeling of centeredness.

**Oregano (*Origanum vulgare*) 15ml**

Oregano is one of the most potent and powerful essential oils and has been used for centuries in traditional practices. Oregano should be diluted with a carrier oil when applied to the skin. HOT OIL!

**Thyme (*Thymus vulgaris*) 15ml**

A potent essential oil that has cleansing and purifying effects for the skin; however, due to its high thymol content, Thyme should be diluted with a carrier oil before application. Antioxidant and adds flavour to food.



## Essential Oils with Anticancer Properties

Thyme (Thymus vulgaris) 15ml—see page 12

Lemongrass (Cymbopogon flexuosus) 15ml - see page 6

Copaiba (Copaifera Essential Oil) 15ml - see page 6

Frankincense (Boswellia carterii, frereana, and sacra blend) 15ml—see page 9



## Essential Oils With Anti-inflammatory Properties

Frankincense (Boswellia carterii, frereana, and sacra blend) 15ml—see page 9

Ice Blue Athletic Blend 5ml

A blend of Wintergreen, Camphor, Peppermint, Blue Tansy, Blue Chamomile, Helichrysum, and Osmanthus work together to soothe and cool. After long hours on the computer, try rubbing Ice Blue™ essential oil blend on your fingers, wrists, shoulders, and neck.

Myrrh (Commiphora myrrha) 15ml

Myrrh essential oil is derived from the gummy resin of the small, thorny Myrrh tree and has been used for centuries for its internal and external health benefits. Myrrh has powerful cleansing properties, especially for the mouth and throat. It promotes emotional balance and well-being when used aromatically.





## Essential Oils For Nausea

### Peppermint (*Mentha piperita*) 15ml - see page 5.

### Spearmint (*Mentha spicata*) 15ml

Spearmint is a perennial plant that grows 11–40 inches tall and flourishes in temperate climates. It is widely used in gums, candies, and dental products for its minty taste, and to promote fresh breath. Its sweet, refreshing and cleansing aroma promotes a fresh and invigorating atmosphere when diffused.

### Digestzen (Internal Blend) 15ml

This selected blend contains Ginger, Fennel, and Coriander, which have been used in foods as flavours, additives and spices throughout the world for centuries. DigestZen® is great to have on hand and is safe. Internal use of DigestZen® is naturally gentle on the digestive system.



## Essential Oils For Brain Function and Nerves

### Frankincense (*Boswellia carterii*, *frereana*, and *sacra* blend) 15ml

Renowned as one of the most prized and precious essential oils, Frankincense has extraordinary benefits. When inhaled or diffused, Frankincense promotes feelings of peace, relaxation, satisfaction, and overall spiritual and emotional wellness.

### Copaiba (*Copaifera* Essential Oil) 15ml

The oil is derived from the resin of the copaiba tree which can grow upwards of more than 30 metres and can be found in tropical South America. Since the 16th century, copaiba essential oil has been utilised in traditional health practices by the natives of north and north eastern Brazil.



## Essential Oils For Hormone Regulation

### Thyme (Thymus vulgaris) 15ml

A potent essential oil that has cleansing and purifying effects for the skin; however, due to its high thymol content, Thyme should be diluted with a carrier oil before application. Antioxidant and adds flavour to food.

### Clary Calm Monthly Blend for Women 10ml

ClaryCalm® is a proprietary blend of essential oils especially designed for women. A topical blend of Clary Sage, Lavender, Bergamot, Roman Chamomile, Cedarwood, Ylang Ylang, Geranium, Fennel, Carrot Seed, Palmarosa, and Vitex, ClaryCalm provides a cooling effect to the skin and helps balance emotions. ClaryCalm® utilises FCF (furnaocoumarin-free) Bergamot essential oil to prevent sun sensitivity.

### Whisper Blend For Women 5ml

Blend of Fractionated Coconut Oil, Patchouli Leaf, Bergamot Peel, Hawaiian Sandalwood Wood, Rose Flower, Vanilla Bean Absolute, Jasmine Flower, Cinnamon Bark, Vetiver Root, Labdanum Leaf/Stem, Cocoa Seed, Ylang Ylang Flower. a complex and diverse blend that combines with each individual's chemistry to create a uniquely personal fragrance.





## **CAUTIONS**

Possible skin sensitivity with some of the oils. Keep out of reach of children. If you are pregnant, nursing, or under a doctor's care, consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Some oils (citrus) may increase sensitivity to sunlight.

### **NOTE:**

*This information is to be used with dōTERRA Essential Oils only as you may not achieve the same results using another brand.*

*dōTERRA are the only oils tested 40 times or more to ensure purity and potency. They are chemically different to other brands, due to the growing conditions, harvesting and extraction processes.*

***For more information contact:***

### **Medical Disclaimer:**

*The information contained in this document is not meant to diagnose, treat, cure, or prevent any disease. The information represents what I, and other users of Essential Oils, have chosen to do to take charge of their own personal health and that of their family. Statements in this document have not been evaluated by the Food and Drug Administration (USA) or the Therapeutic Goods Administration (Australia). Products in this document are not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care provider before using these products.*

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