Amazing Aromatherapy Remedies

19 recipes to improve your health using essential oils

Special Report
Promoting Wellness Through Nature in 10 Revealing Chapters

by the oilMD
James Geiger MD
# 10 Aromatherapy Secrets Revealed

by The essential oils expert, the oilMD®

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<table>
<thead>
<tr>
<th>Chapter One: Essential Oils: Past, Present and Future</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter Two: Using Essential Oils for Optimum Health</td>
<td>5</td>
</tr>
<tr>
<td>Chapter Three: Wipe Out Colds, Flu, Sinus Discomfort</td>
<td>7</td>
</tr>
<tr>
<td>Chapter Four: Knock Out Stress, Insomnia even Snoring</td>
<td>9</td>
</tr>
<tr>
<td>Chapter Five: Muscle and Joint Relief</td>
<td>11</td>
</tr>
<tr>
<td>Chapter Six: Easing Menopause and Depression</td>
<td>13</td>
</tr>
<tr>
<td>Chapter Seven: Energy and Endurance, Day and Night</td>
<td>14</td>
</tr>
<tr>
<td>Chapter Eight: Young Looking Hair, Skin and a Slim Body</td>
<td>16</td>
</tr>
<tr>
<td>Chapter Nine: Personal Hygiene and Wound Healing</td>
<td>18</td>
</tr>
<tr>
<td>Chapter Ten: Selecting Quality Essential Oils</td>
<td>20</td>
</tr>
</tbody>
</table>

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Chapter One: Essential Oils: Past, Present and Future

Take a trip down to your favorite department store. You’ll see aromatherapy lamps and diffusers in every shape, size and color imaginable. The latest trend is fragrant oil-filled glass vases with little wooden sticks spreading an air freshening scent.

While I think you’ll agree that essential oils are an affordable, attractive way to make any room a more enjoyable space, they’re probably not the first thing that comes to mind when you’re in pain or battling a flu bug. But that’s about to change. If you think of essential oils only as “air freshener”, you’re missing out on a wide world of wonderful natural healing over 6000 years old!

From Your Diffuser to Your Medicine Cabinet

While any health conscious American can tell you loads about Glucosamine and Chondroitin or Vitamin C and Echinacea, when it comes to describing the use of essential oil of Helichrysum for inflammation or Clove and Frankincense to fight colds and congestion of perhaps Lemon to help heal wounds, they’re at a loss.

Despite a rich history of medical use that’s older than any other alternative therapy—yes, even herbs—there’s little accurate information on essential oils available today. Just try finding a Certified Clinical Aromatherapy Practitioner (CCAP) specialist in your area. It’s tough! There is so few of us! This is what inspired me to share the “how-to” of selecting and using high quality essential oils to relieve everything from colds and flu to insomnia.

As a physician who is concerned about the side effects and expense of prescription medication, you’ll be amazed at how safe, easy and even, enjoyable therapeutic essential oils can be!

Essential Oils as Medicine

For thousands of years, healers in cultures around the world have relied on essential oils to alleviate chronic pain, prevent and heal infection, and even improve digestion. The art and science of these same essential oils are just as powerful today, if not more so.

As the essence, or soul of a plant, essential oils of medicinal plants have shown concentrated healing powers that are safe and natural in dozens of clinical studies. In addition, thanks to modern distillation processes, you can get higher potency, higher quality oils than were available centuries ago!

“Essential oils are the essence of health enhancing plants in their purest, most concentrated state.”
Essential Oils and Egyptian Kings

We can confirm the historical medicinal use of essential oils with certainty after uncovering ancient Egyptian medical scrolls dating back to 1500BC in the tombs of Egyptian royalty! In 1817, the archaeologist discovered one of the most vital medicinal scrolls, the medical scroll, the Ebers Papyrus, tucked between the legs of a mummy in the Egyptian city of Thebes. The scroll measures 870 feet long—more than two times the length of a football field! And every inch of this ancient paper describes over 800 remedies for wellness, including many essential oils that today we know to have powerful medicinal properties.

Of course, the Egyptians didn’t have controlled scientific conditions to test essential oils like we have today. They uncovered this healing power through meticulous trial and error. These scrolls reveal Egyptian healers had a remarkably high success rate treating as many as 81 different diseases using oils of Frankincense, Cinnamon, Myrrh, Rosemary, Galbanum, Hyssop, Cassia, and Spikenard often mixed with something as simple as honey.

While I have chosen to make my unique OilMD essential oil blends as affordable for you as possible; it might interest you to know that in ancient Egypt, essential oils were so valuable they were considered worth more than pure gold itself. It was reported that a scientist named Howard Carter discovered King Tutankhamen’s tomb in 1922. He was amazed to see four elaborate shrines containing a dazzling array of solid gold figures, thrones, chests and boats along with some 50 alabaster jars designed to hold 350 liters of essential oils. Yet, while the golden riches lay mostly intact, tomb raiders had stolen nearly all of the precious oils! Imagine…leaving millions of dollars worth of gold and taking the essential oils! The remaining jars, some still filled with oil, are on display in Egypt. If you ever visit the Egyptian Museum in Cairo you can see them.

Several of these vital health sustaining oils form the foundation of my products for pain relief, and better muscle endurance. Others I have developed to promote normal hormone balance, tame your appetite, increase alertness and energy, and build bone health.

Why Doesn’t My Doctor Recommend Essential Oils?

So you’re probably wondering if essential oils are so valuable and so effective why everyone isn’t using them to stay healthy and energetic today. The answer is simple. With the first beginnings of modern medicine in the 20th Century essential oils, like herbs, were pushed aside for man-made wonder drugs born not in nature, but on computers, by genetic modifications in laboratories.

While there’s no doubt modern medical science has given us some incredible life-saving medicines—it’s one of the reasons that inspired me to become a doctor—our reliance on synthetic drugs has also made us sicker. We’re suffering from heart attack and strokes, vision trouble and dementia from side effects of synthetic drugs, drug to drug...
interactions as well as errors in administration. Not to mention the high cost to purchase them. When possible, I prefer to promote wellness through nature as should every doctor.

The Future of Essential Oils in Medicine

Ironically, many forward-thinking doctors of today are looking back to a simpler and safer time of healing. As you are reading this, countless scientific labs across the globe are investigating the remarkable science of aromatherapy healing properties of essential oils that have existed for centuries. These essential oils include the oils used in ancient Egypt as well as many newly developed oils to fulfill the ever increasing demand of the individual consumer and industrial giants. These oils are distributed through a vast network of global entrepreneurs. There is documentation of oils as successful remedies for many common ailments including pain, host infections of all kinds, bronchitis and digestive problems. Several examples of essential oil studies include:

- Scientists reporting on the power of peppermint oil for irritable bowel syndrome analyzed patients with symptoms of IBS for four weeks and discovered that peppermint oil reduces abdominal pain, bloating, constipation and digestive distress. Enteric-coated capsules also worked well in 75% of pediatric patients with IBS.

- As published in the journal Medical Hypotheses, an open trial that followed 56 patients revealed that ginger oil was found to contain micro-nutrients which reduced pain and swelling in patients with rheumatoid arthritis, osteoarthritis and muscular discomfort.

- The Journal of Antimicrobial Chemotherapy published a study where the essential oils of cinnamon and lemon were among 14 tested for bacteria and virus fighting ability. The study concluded that all 14 of these oils, when vaporized, were effective against respiratory pathogens such as influenza.

When essential oils are used properly, they’re safe, effective, side effect free and most of all they’re enjoyable! On the pages of this special e-book you’ll discover at least 10 aromatherapy health secrets revealed. Just as health conscious people in the know have done for centuries, you too can fight off colds and flu, ease stress and depression, increase youthful energy, promote weight management, and lots more.

Chapter Two: Using Essential Oils for Optimum Health
Essential oils are still used in much the same way today as they were so long ago. They can be rubbed onto your skin, inhaled, bathed in or blended into lotions. Here are some of the most common ways to enjoy essential oils for optimum health.

**Aromatherapy lamp:** These lamps come in all shapes and sizes. They can be ceramic, porcelain, glass, marble or even metal. Each one has a small container that is filled with water and heated by a candle. When essential oils are added to the water, the scent is dispersed through the air.

**Diffuser:** For a more constant, longer lasting essential oil experience, choose an electric diffuser. Plug in using a timer Perhaps ten minutes on and ten minutes off. They’re great for large rooms, office spaces, gym or spa.

**Compress:** An especially effective way to benefit from essential oils. Simply add 5 to 10 drops of oil to a medium bowl of hot water. Soak a clean cloth in the mixture, wring out the excess and apply to the chosen area. Place on pulse points.

**Inhalant:** Place 1 to 2 drops of your essential oil or oils on a tissue cover your mouth and nose and breathe deeply. You can also fill a sink or bowl with hot water and a few drops of oil then inhale the rising vapors. Draping a towel over your head, keeping your eyes closed, intensifies the experience!

**Bath or shower:** Combine 10 to 20 drops of essential oil or oils with 1 teaspoon carrier oil or milk, added to a warm bath. In the shower put the oils on an already damp cloth or sponge for neck, shoulders, and body.

**Massage:** Combine 15 to 30 drops of essential oil or oils to 1 ounce of carrier oil such as jojoba oil to create custom massage oil. Place on pulse points.

**Lotion:** Combine 10 to 15 drops of essential oil or oils with 1 teaspoon carrier oil then add the mixture to unscented lotion to create a therapeutic body lotion. Place on pulse points.

**True Oils**

The key to getting the best health enhancing results from essential oils is to use pure, therapeutic essential oils. You can buy “single species” oils like Lavender or Grapefruit from [www.Aromaland.com](http://www.Aromaland.com) or you can buy these oils already combined in carrier oils from [www.oilmd.com](http://www.oilmd.com). Common carrier oils are *Jojoba, Flaxseed, Sesame, Grape seed, or Sweet Almond*. Which is better? It depends upon how you intend to use them. Remember, essential oils are highly concentrated. If you intend to apply oil on your body any “single species” oil needs to be diluted with any carrier oil.

**Allergies**

As with any vegetable, spice, or natural product, there is a small segment of the population who could be allergic to certain essential oils. Before using any essential oil on your body, it’s a good idea to test for an allergy. It’s very easy to do.

A patch test does just that. Test a patch of skin to determine if there is increased sensitivity to the oil. For carrier oils, simply rub a drop of the oil on your skin. Wait 12 hours.
If you see redness due to irritation, it’s best not to use this oil. You may have an increase sensitivity or allergy. Select another essential oil.

For “single species” oils, mix one drop in 15 drops of carrier oil. Rub it on your skin and wait 12 hours. If your skin is clear, enjoy your oil. If not, many oils have similar properties so if one won’t work for you another will.

Handling and Storing Oils

Take care not to get essential oils on clothes or furniture until you’re sure they won’t stain. Also, take care not to get essential oils in your eyes. If this happens by mistake, simply flush your eyes with cool water. If you ever suffer any skin irritation, simply apply carrier oil alone, directly to the irritation. It will soothe skin in an instant!

Important: Direct light and heat can destroy the health enhancing compounds in almost any essential oil. Essential oils are volatile; therefore do not store them in plastic containers. Store your blends in a cool, dark, dry place. A refrigerator is perfect.

Chapter Three: Wipe Out Colds, Flu, and Sinus Discomfort

Many doctors will tell you there’s nothing you can do to get rid of the viruses that cause colds and flu but that’s not entirely true. Many essential oils are anti-viral and anti-bacterial. While they won’t cure your cold or flu, they may help you feel better, heal more quickly and even more important, may help you avoid getting sick in the first place!

How powerful are they? Strong enough to take on “The Black Death”. In the 14th Century, this deadly plague killed two-thirds of Europe’s population—about one in five. The fast moving plague decimated entire villages claiming its victims in a day’s time and leaving medieval doctors powerless.

Meanwhile, in Marseilles, France four thieves were casually moving in and out of plague ridden homes, robbing the dead and dying without becoming infected! When they were finally captured, the men revealed their secret: a concoction containing Cloves, Rosemary and other essential botanical oils that they rubbed on their hands, ears, and temples! The formula was posted in the city.

Fortunately for us, “The Black Death” disappeared centuries ago but we’re still contending with seasonal bugs and bacteria some of which are becoming increasingly resistant to antibiotics. If you want to stay well all winter—and summer—long, here are some essential oil recipes that can help.

Help Preventing Colds and Flu

At home, blend the following anti-viral, anti-bacterial oils and place in an aromatherapy diffuser to keep viruses and bacteria at bay. This is essential when someone in your household has caught an illness and you want to stay healthy!

10 drops of Ravensara Aromatica oil (from the lauraceous tree in Madagascar.)
4 drops of Clove oil 4 drops of Melissa oil
4 drops of Cinnamon oil 4 drops of Lemon Myrtle oil

**When you do get sick try these…**

**Sinus and Congestion Remedy**—great for relieving the pressure of sinus headaches too!

Blend the following oils and place a few drops on a tissue. Inhale for 30 to 60 seconds as needed. Watering eyes and cough are to be expected… in fact it’s good! It means you’re loosening the congestion.

10 drops Eucalyptus radiate oil 10 drops Sweet Basil oil
10 drops Peppermint oil 10 drops Lavender angustifolia oil

**Lung Congestion**

When your lungs are congested and tight from illness or asthma, try this blend for easier breathing. It’s excellent for children too. Put about 10 drops of the blended mixture in a big bowl of hot water, drape a towel over your head and breathe in deeply for 10-15 minutes. Or try this blend in a diffuser in your bathroom as you bathe or shower. At night, put the diffuser in your bedroom for better sleeping.

25 drops Myrtle oil 10 drops Eucalyptus Radiata oil
10 drops Thyme oil 10 drops Neroli oil
10 drops Frankincense oil

**Chapter Four: Knock Out Stress, Insomnia even Snoring**

There are hundreds of studies and testimonies describing the strong connection and the calming effects certain essential oils have on the body and mind. Healing starts in the mind with the thoughtful intent to be healed. As a medical doctor and Certified Clinical Aromatherapy Practitioner (CCAP) I’ve seen specific oil blends encourage deep relaxation—even in traumatic situations. Essential oil of Lavender is great for this, and it smells wonderful too. In fact, Lavender oil helps women suffering from insomnia get more restful sleep and feel happier during the day.

Of course, throughout history essential oils have been used to promote relaxation and an overall sense of well-being. Unfortunately, during the Dark Ages much of this amazing knowledge was lost after the burning of the great libraries in Alexandria and other ancient cities. It wasn’t until the perfume industry began to investigate the healthful, enjoyable effects of essential oils that the valuable science of aromatherapy was reborn.
The oil blends that I’m about to show you are not only enjoyable, but they can help you ease stress, even sleep better. In fact, the sleep formulas are so effective, I recommend you not drive when using them!

**For Instant stress relief:**

Around the holidays, when everyone’s stress level is up, I like to use an aromatherapy lamp or an electric diffuser with one of two soothing oil blends—they really relax the room.

- 10 drops Sandalwood oil
- 10 drops Melissa oil
- 10 drops Chamomile oil
- 6 drops Cinnamon oil
- 5 drops Fennel oil

2 tablespoons carrier oil—try Jojoba oil

**The De-stress bath:**

This is a great way to unwind your mind and your muscles. Try it after a long day at work or before bedtime. Simply draw a hot bath, add the following oil blend and enjoy!

- 5 drops Lemon oil
- 5 drops Geranium oil
- 5 drops Sandalwood oil
- One teaspoon carrier oil of choice

**To Sleep soundly again:**

Insomnia or chronic trouble sleeping affects more than 60 million of us every year. Whether you’re suffering from insomnia on a regular basis or just not sleeping soundly, lack of good sleep can affect the way you feel, and ultimately—even your health. But before you reach for a prescription sleep aid why not try this essential oil blend. Mix together the following:

- 7 drops Lavender angustifolia
- 3 drops Chamomile oil
- 2 drops Sandalwood oil
- 3 drops Marjoram oil
- 2 tablespoons carrier oil—try Jojoba oil

At night, before going to sleep, massage the blend into your upper chest and shoulders and the back of your neck, wrists and feet. You’ll be amazed how relaxed you’ll feel and how well you’ll sleep! Best of all, you can keep this mixture on your nightstand and use it every night without worry about side effects or dependency.

**For Snore Relief—for you or a loved one**

Snoring a problem in your bedroom? Before bed try this simple, natural solution. Massage the blend into your upper chest and shoulders and the back of your neck and wrists.

- 10 drops Cajeput oil
- 4 drops Myrtle oil
- 3 drops Chamomile oil
- 3 drops Lavender oil
- 3 drops Marjoram oil
- 3 drops Petitgrain oil

2 tablespoons carrier oil
Chapter Five: Muscle and Joint Relief

Muscles and joints have special requirements when they’re tired, strained, overused or in pain. While over-the-counter and prescription pain relievers can provide temporary relief, scientific research shows essential oils are an excellent source of restorative nutrients. What’s more, essential oils carry none of the risk of dangerous side effects that we’ve seen in recent years with NSAID’s, like ibuprophen, Advil® or Motrin®.

Joint and Muscle Pain Relief

Inhale the following four oils or massage them (when combined with a carrier oil) into sore muscles and joints—they work wonders.

- Ginger oil 5 drops
- Helichrysum oil (still relatively rare) 5 drops
- Frankincense oil 5 drops
- Myrrh oil 5 drops. All diluted into 20 ml of carrier oil.

The research proves it. To date there’s a wealth of research showing Ginger, Helichrysum, Frankincense and Myrrh block Cox 1-2 and 5-Lox pain pathways. They’re also full of phytonutrients which ease burning joint pain from inflammation caused by injury or overuse. No wonder an ounce of essential oil was worth more than an ounce of pure gold in ancient times!

To make it even easier to find relief, I’ve combined all four as well as four other pain and inflammation fighters in Sports Trauma Ease™. While my blend won’t make your pain and inflammation go away for good, it will help you better manage it. For more information on using Sports Trauma Ease™ or to order your supply, log onto www.oilmd.com, and click “products.”

Muscle Care

Since ancient times athletes have oiled their bodies, but not for vanity as many think. Certain essential oils cool the tissues and inhibit water loss, preventing dehydration that’s often the result of excessive sweating. In the time of Alexander the Great in 340BC, athletes commonly used a scraper to remove the excess oils after competition.

Today we’ve discovered essential oils that not only hydrate the skin, but penetrate and nourish overworked muscle tissue to help strained muscles recuperate successfully. In fact, instead of removing oils after exercise, this is the best time to apply them. Try this recipe:

5 drops Camphor oil
5 drops Rosemary oil
5 drops Spearmint oil
2 tablespoon carrier oil
You can massage it into problem muscles or inhale the vapors immediately following strenuous exercise to feel a difference.

Chapter Six: Easing Menopause and Depression

As far back as 1500BC in the ancient Ebers papyrus scroll, doctors have documented the incredible effects of aromatherapy on mood. And recently, those centuries old observations have proven correct in placebo-controlled clinical studies.

Studies found pleasant scents could alleviate depression and mood disturbances—even hormonal ones—in middle aged men and women. Here are some of the best essential oils for improving mood and well-being.

Mood lifting bath

Combine the following oils, pour the mixture into a hot bath and enjoy!

<table>
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<th>5 drops Rose oil</th>
<th>5 drops Clary Sage oil</th>
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<td>5 drops Palmarosa oil</td>
<td>5 drops Yarrow oil</td>
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<tr>
<td>5 drops Tanacetum oil</td>
<td>2 tablespoons carrier oil</td>
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You can also diffuse any of these oils in your home as often as you’d like! And if you’re a woman you don’t have to be at home to enjoy the mood lifting benefits of essential oil blends.

Well Balanced Lady

I’ve combined Jasmine, Clary Sage, Yarrow, Ylang Ylang and other essential oils shown to help maintain hormonal balance into one formula called Well Balanced Lady™. It’s scientifically designed to enhance (not replace) your current approach to managing hormonal imbalance. Inhale and massage often into wrist pulse points, neck and palms. Mix in body lotion and use on your feet at bedtime. Soothing, calming, comforting to the body, mind and spirit, you’ll certainly enjoy this blend. For more information on my woman only formulation, or to order yours, visit www.oilmd.com and click “products.”

Chapter Seven: Energy and Endurance, Day and Night

Ever since the time of Queen Cleopatra, in 69BC, aromas have been used to stimulate the primal brain. Just as certain essential oils can encourage relaxation, others can bring the mind, body and senses into energized states of alertness, excitement and desire.
One reason, researchers have discovered, is nutrients in some essential oils called *monoterpenes*. These have a stimulant effect on the mind, muscles and organs when inhaled.

The key to using these essential oils, or any essential oils to enhance your energy and overall health, is your olfactory system. The olfactory nerve contains 50 million smell receptors that collect scents and convert them into messages that are sent directly to your brain. Certain essential oil scents have been shown to directly affect your memory, emotions, body temperature, appetite, sexual arousal and energy level. When you’re feeling fatigued try these recipes.

**To energize your body:**

This is a super formula to use before going to work in the morning. Simply blend the following oils and massage into your chest, back and shoulders. Wipe off the excess oils with a tissue, then dab on corn starch to absorb residue, as these oils can stain your clothes.

- 5 drops Lime oil
- 5 drops Cumin oil
- 5 drops Clove oil
- 2 tablespoon carrier oil of choice

**To Enhance your physical performance:**

If you need more than an energy boost, maybe you’re heading to the gym or you’re facing an active day, try the essential oils of Black Pepper and Peppermint. When massaged into your skin they can elevate your energy level in a healthy manner—even your heart rate—and supercharge your performance.

In fact, studies with oils of pepper show a two and half fold increase in muscle activity and a one and a half fold increase in adrenaline concentration! That’s why I’ve included both Black Pepper and Peppermint oils in my *Sports Performance Enhancer™* formula. This combination of six essential oils stimulates your nervous and cardiovascular system in a positive way. What’s more, this specific blend even combats inflammation and the oxidative stress of over-activity or exercise.

This blend is available in premixed 10% dropper bottle applicators, roller balls, for ease of frequent (hourly) administration. Visit [www.oilmd.com](http://www.oilmd.com) and click “products” to learn more, or to order yours.

**To energize your mind for more alertness:**

If you’re feeling foggy and want to clear your thinking, try this all-natural alertness formula. Simply mix the following in a spray bottle and spritz around the room. It’s great for those mid-afternoon mental lags or right before you engage in a mentally strenuous task!

- 85 drops Peppermint oil
- 40 drops Ginger oil
- 4 ounces pure water
- 35 drops Grapefruit oil
- 15 drops Sweet Basil oil

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The Chinese emperor moth has the most highly developed sense of smell and can detect a scent it recognizes over 6 miles away!
To Stimulate your sex drive:

Scent plays an important role in sexual behavior. For decades now we’ve known there are chemical substances in scent that stimulate sexual desire called pheromones. They’re so vital that loss of the ability to smell can erase sexual desire. The National Institutes of Health estimates that two million people in the United States suffer anosmia or the loss of the sense of smell. One in four of those people report losing interest in sexual activity.

Whether you’re struggling with diminished sexual desire or just in search of a way to regain passion and excitement in your bedroom, the essential oil of Sandalwood can stimulate feelings of desire. While you can diffuse some in your bedroom, I’ve created an essential oil blend of Sandalwood, Ylang Ylang and two other oils to help you experience that excitement, increase desire and attraction. It’s called Romantic Encounters™. You can use it as massage oil or inhale the vapors on a nightly basis. For more information or to order yours visit www.oilmd.com click on “products.”

Chapter Eight: Young Looking Hair, Skin and a Slim Body

Most of us are still looking for the Fountain of Youth. While essential oils won’t turn back time, they can help you look more youthful and fit safely. For one thing, many essential oils have natural hydrating properties and can help lock in moisture and nutrients within weakened or damaged skin and hair cells.

A study in the Archives of Dermatology found essential oils such as Thyme and Rosemary can help those suffering hair loss grow new healthy hair. The randomized, double-blind, controlled trial followed 86 patients suffering alopecia areata.

While other essential oils, like Grapefruit, have been shown to have a positive effect on your metabolism and help your body burn more calories. Here are a few of the best essential oils to stay looking and feeling your best all year long.

To Soften (and protect) chapped lips:

Dry, peeling cracked lips don’t have to be a problem for you this year. Apply aloe-vera gel to your lips then try this lip softening blend of essential oils:

3 drops Neroli oil 2 drops Peru Balsam oil
1 tablespoon Sweet Almond oil

To Encourage shiny, thick hair:

This overnight treatment helps strengthen, soften and add a healthy shine to your hair throughout every season. Mix the following essential oils:

5 drops Thyme oil 6 drops Chamomile oil
6 drops Sage oil 6 drops Lavender oil
2 tablespoons Jojoba carrier oil
Before bedtime apply one and a half teaspoons of your blend to your scalp, massaging in well. Wrap a towel around your head and go to sleep. In the morning wash your hair as normal! Use twice a week for best results.

**To Diminish cellulite, smooth and tone skin:**

The essential oils of Cypress and Juniper are a big help in ridding your thighs of unsightly cellulite. While blending a few drops of each into a carrier oil and massaging on your thighs can work wonders, you can do even more. *Thigh Smoother™* is a precise blend of Cypress, Juniper, Grapefruit, Orange, Ginger and three other skin smoothing oils to increase fat cell metabolism and promote healthier skin. In the morning, scrub your thighs in upward strokes with a dry brush or loofah, shower, then roll on *Thigh Smoother™* massaging in upward strokes, towards your heart. For more information on *Thigh Smoother™* or to order yours log onto [www.oilmd.com](http://www.oilmd.com) and click “products.”

**To Ease varicose veins:**

Varicose veins are another problem for many of us affecting one out of every two people over the age of 50. While elevating your legs can help, this simple compress can reduce the appearance and discomfort of varicose veins. Apply in the morning and at night for best results.

- 8 drops Bergamot oil
- 5 drops Lemon oil
- 8 drops Cypress oil
- 1 cup cool water

**To Tame your appetite:**

Have you ever noticed that when you smell food you’re all of a sudden “hungry” even if you just ate? It happens to all of us. But these hunger pangs can make dieting impossible. Fortunately, essential oil of grapefruit has been found to mildly modify appetite and stimulate your own metabolism. It’s a natural alternative to over-the-counter diet pills that can leave you feeling jumpy!

While you can diffuse Grapefruit oil in your home or office during those at-risk eating times, you can make dieting easier. My *Appetite Tamer™* contains Grapefruit oil, Lemon oil and other essential oils shown in several studies to promote thermogenesis—your body’s natural calorie burning process!

Best of all you don’t need a diffuser. Simply roll on *Appetite Tamer™* into the palm of your hand and take several nasal inhalations right before meals. Then massage the remaining oil into your wrist pulse points. For more information on *Appetite Tamer™* or to order visit [www.oilmd.com](http://www.oilmd.com) and click “products.”

**Chapter Nine: Personal Hygiene and Wound Healing**

Modern aromatherapy was born in 1937, when the term “aromatherapy” was coined by a French chemist and perfumer named Rene Maurice Gattefosse. While not a believer...
in natural health, he did believe in the health enhancing properties of essential oils—and for good reason.

One day in 1910, while working in his laboratory, Gattefosse burned his hand. Luckily, he grabbed a bottle of pure undiluted Lavender oil and massaged it into his skin. While the Lavender oil immediately eased his pain, even more amazing Gattefosse reported later, was that his burn healed without any infection and left no scar!

Today we know that Lavender oil contains germ fighting compounds and also protects skin. Yet, Lavender sp. isn’t even the most powerful germ fighting essential oil there is! That’s probably Lemon or Tea Tree oil. In fact, a number of studies show Tea Tree oil successfully inhibits a variety of bacteria and fungi including E-coli, Staphylococcus, Candida and others. It’s why you’ll find these oils repeatedly in the following all-natural disinfecting formulas for hand and body cleansing.

**First aid cleansing wash:**

Keep this blend of bacteria fighting oils on hand. Like all of your oil blends store in a cool, dry place. When needed, add several drops to a basin of room temperature water, then apply to cuts, scrapes, burns or other wounds.

- 6 drops Geranium oil
- 6 drops Lavender oil
- 3 drops Tea Tree oil
- 20 ml carrier oil

**Disinfect anywhere:**

The great thing about anti-microbial essential oils is their germ fighting power can travel in their vapors. If you or a family member is ill, diffuse the following blend in an aromatherapy lamp or electric diffuser in the bedroom and throughout your house. It will help kill airborne pathogens naturally, and it smells great too!

- 10 drops Lemon oil
- 8 drops Tea Tree oil
- 30 ml Carrier oil

**All-Natural Odor-fighting Deodorant:**

These essential oils make a great, inexpensive natural deodorant. Blend them together but before applying to underarms, apply a dash each underarm with Jojoba oil. Then use half the deodorant oil blend for each underarm, using the entire mixture. Rub in well, dab with a tissue and follow with cornstarch to absorb any remaining oil. If you’ve just shaved, wait 30 minutes before applying the oils.

- 5 drops Tolu Balsam oil
- 5 drops Petitgrain oil or Lavender oil diluted in two tablespoons of carrier oil.
Breathe freshener:
This is an excellent, long-lasting breathe freshener. Combine the following into a spray bottle, then mist twice directly in mouth. Use as needed but remember to shake well before each use!

10 drops Peppermint oil
10 drops Spearmint oil
4 ounces Pure water
½ teaspoon Honey

Chapter Ten: Selecting Quality Essential Oils

Remember, you must use true essential oils to enjoy all of the health enhancing benefits these incredible botanicals can provide. Unfortunately, most oils available in stores are merely food or flavor grade oils and do not have the chemical components and healing properties necessary. Here’s how to select high quality essential oils at the best value.

How to judge oil purity
Ancient Arabians were the first to study the chemical properties of essential oils. They’re also the ones who developed the Alembic distillation, or extraction process. This is how the oil is removed from the plant. They recovered rose oil and rose water, which are still very popular across the Middle East and very valuable too. Kings would use these oils to trade to increase the wealth of their Kingdom. Today, the distillation process is far more advanced and our oils stronger.

Choosing a pure essential oil begins with the extraction process. There are four common ways, but some are far better than others to yield the phytomolecules of the plants.

Steam distillation. Steam from boiling water is cooled and condensed into a liquid. The essential oil separates from the aromatic plant and floats to the top of the water where it’s skimmed off. This produces a very good quality pure oil.

C02 extraction. Carbon dioxide extraction is a complex process. In a nutshell, when carbon dioxide is put under high pressure it turns into a liquid. This liquid will extract the aromatic molecules (the oil) from the plant matter. The C02 then evaporates. C02 extracted oils are the purest and most aromatic. The C02 extracted oil of ginger contains the gingerol and shogaol phytomolecules which prevent and treat nausea related to motion sickness and anesthesia.

Cold pressed oils. These essential oils are produced by pressing, scoring, or zesting the skin or peel of a plant’s fruit, vegetable, seed or nut. These are also superior to steam distilled oils.
Solvent extraction. There are a variety of chemical solvents being used to extract essential oils from plants today. While it’s a lot less expensive to gather oil in this manner, unfortunately, many of these chemicals (such as hexane) can remain in the oil. Almost all essential oils you’ll find in your supermarket were created through solvent extraction or contain synthetics. While they cost less, these can only irritate your immune system by introducing chemicals into your body instead of encouraging healthy function with natural botanical compounds.

I recommend purchasing only unrefined essential oils and carrier oils which are CO2 extracted, cold pressed or steam distilled. Make sure they’re guaranteed pure and free of pesticides or chemicals.

Products from the OilMD

All of my oilMD® products carry this guarantee. They’re safe, premixed, preservative-free, therapeutic grade essential oil blends. You can use them several times daily to help ease joint and muscle pain, increase your energy and endurance, protect bone mass, encourage weight loss, promote more youthful, toned skin, relieve hormonal symptoms, even support your sex drive.

These blends are 100% side-effect free, UV and Estrogen-safe. While the benefits of certain oils, especially lower quality oils, are easily diminished by the sun’s UV rays my oils are unaffected by sunlight. And because they’re “estrogen receptor safe” they promote normal, balanced hormone levels and do not stimulate estrogen that’s being linked to reproductive cancers!

Try my oilMD® blends for yourself and give them as gifts. Most blends are available in dropper bottle applicators, roller balls and aromatherapy nasal inhalers, for ease of frequent administration. For more information on my entire oilMD® line of products or to order your health enhancing blends log onto www.oilmd.com and click “products”. Enjoy!

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To your very good health!

James “Tad" Geiger MD, the essential oilMD
Promoting Wellness through Nature
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