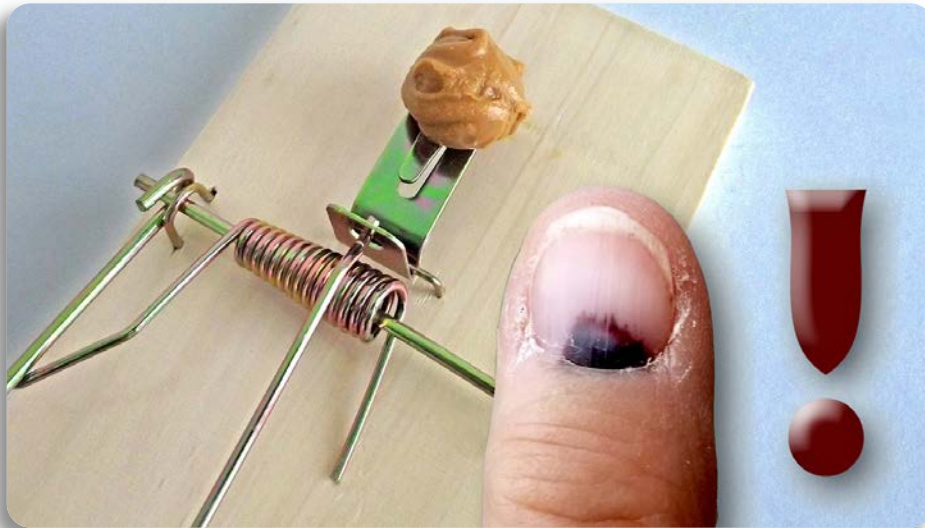


# Are These Essential Oils in Your First-Aid Kit?

Maria Low



## Peppermint Oil Saves the Day

Another mishap showed me the power of Peppermint essential oil for dealing with pain. I was looking for a spice in a kitchen cupboard. I opened the upper door but did not find it.

Then I looked in the lower door, but it was not there. I quickly rose, not noticing the first door was still open. I hit the corner of the door between my eyebrows.

I was stunned and saw stars just like you see in comic books! I walked into the bathroom to look at my forehead. The lump was the size of a walnut. After a brief rest, I walked to my car. As I sat in the seat, I noticed a bottle of Peppermint. I opened the cap and applied layers of Peppermint oil. I looked in the rearview mirror as the lump shrank and the pain disappeared. All that was left moments later was a yellow streak!

Peppermint is a member of the mint family. Notably, Peppermint has a cooling effect, which is helpful when you are experiencing pain. Peppermint (*Mentha piperita*) contains a sulfur compound. This molecular structure distinguishes Peppermint from Spearmint. The esters in Peppermint oil give this amazing oil its distinctive color and taste. Esters are known for their relaxing, soothing, and stress-releasing effects.

## More Essential Oils for the First Aid Kit

Here are a few other Young Living essential oils known for assisting with discomforts, accidents, and emotional upsets:

### EUCALYPTUS OIL

The oil from the eucalyptus leaf has also been used to repel insects and support the health of the respiratory system. Eucalyptus essential oil is also helpful for sooth-

**H**ave you ever had something happen so fast that you didn't have a single second to think about it? My housemate was in the garage setting up a large mouse trap. He called for me to hold the trap steady as he applied peanut butter and cheese as bait. Suddenly the device snapped on three of my fingers. Yikes! I grabbed my hand and doubled over with pain.

At that moment, I couldn't even think straight. My housemate yelled, "Get the Lavender oil!" As I made my way to the bathroom, my fingers were a bluish grey and ridges were forming on my fingernails. I applied the Lavender generously. In a couple of seconds, the pain was gone. How could something like an essential oil work so fast? Although I have used essential oils for decades, I continue to be amazed at how well Lavender works.

## The Power of Lavender Oil

Interestingly, science shows that lavender's greatest virtue is not reducing pain. Lavender is best known for aiding skin and scalp problems. The anti-inflammatory properties of Lavender make it very effective for treating burns. The fragrance of Lavender is calming and relaxing. Thus, it is known to promote sleep.

In addition, the molecules of Lavender enter the limbic system in the brain, making this oil useful for helping students concentrate on mental tasks. In my unexpected situation with the mouse trap, Lavender was exactly the right oil for the right purpose at the right time. I felt transformed emotionally and physically in seconds!



ing sore muscles. Young Living sells three types of Eucalyptus essential oil: Eucalyptus Globulus, Eucalyptus Radiata, and Eucalyptus Blue. These are therapeutic grade essential oils and are safe to apply on the body. Eucalyptus oil is wonderful to diffuse as well!

#### LEMON OIL

Lemon essential oil is from cold pressed lemons. It takes 3,000 lemons to produce one kilo of the essential oil of Lemon. This essential oil has a fresh uplifting aroma that can be used to cleanse the air by diffusing. The organic oil can be used internally to provide circulatory and immune support. A few drops can be added to a large bowl of purified water to sanitize fruits and vegetables. One or two drops in a glass of water make a delightful beverage.

#### TEA TREE

Tea Tree essential oil is distilled from the leaves of the *Melaleuca Alternifolia* tree. Historically, it has been used as an antimicrobial and antiseptic essential oil. Tea Tree has high levels of eugenol which makes it effective for respiratory concerns, insect bites, helps teeth and gum inflammation, and as a cleanser for scrapes.

#### CINNAMON BARK

*Cinnamomum verum* is a well-known spice which graces everything from potpourris to our morning breakfast rolls. Historically, records show that cinnamon has been used for its powerful antibacterial properties. For example, Cinnamon oil has been used as a fumigant during infectious illness. ■

#### RESOURCE:

*THE ESSENTIAL OILS DESK REFERENCE*,  
LIFE SCIENCE PUBLISHING

#### WEBSITES:

ESSENTIALOILSKITCHEN.COM  
ESSENTIALDROPSOFJOY.COM

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