



Natural Health Research Institute

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Aromatherapy



Aromatherapy is the practice of using aromatic plant-derived essential oils to improve health and well-being. The term essential oil refers to a refined liquid extracted from various plant parts. In addition to the flowers and leaves, essential oils can be extracted from the bark, resin roots and peels of many plants. The oils are obtained through distillation (via steam and/or water) or mechanical methods such as cold pressing. There are more than 90 types of essential oils and each has a unique smell and potential health benefit. Essential oils used for aromatherapy can be diluted with water and diffused in the air or a few drops can be gently rubbed into acupressure points on the body.

Aromatherapy is classified as a complementary and alternative medicine because it is effective and has few if any side effects. It has been used for over 5,000 years and has been a trusted practice among cultures spanning the globe. Studies have shown the health benefits of aromatherapy, including its ability to relieve anxiety, depression and stress, improve energy levels, speed up the healing process, reduce pain, cure headaches, boost cognition, and promote better sleep.

**Essential oils are never applied directly to the skin. They must always be diluted with a carrier oil. Usually, a few drops of essential oil to an ounce of carrier oil is the concentration. Most common carrier oils are sweet almond oil or olive oil.*

Common Essential Oils and Their Uses

- [Lavender Oil](#) – calming, stress relieving, promotes sleep
- [Tea Tree Oil](#) – insecticide, anti-inflammatory, antibacterial
- [Geranium Oil](#) – reduces anxiety, eases muscle tension, repels insects
- [Chamomile Oil](#) – calming, soothing, promotes sleep, reduces anxiety
- [Peppermint Oil](#) – allergy relief, relaxes muscles, improves memory and alertness
- [Bergamot Oil](#) – reduces stress and anxiety, improve skin conditions
- [Rosemary Oil](#) – stimulates brain health, improves circulation
- [Sandalwood Oil](#) – calming, alleviates stress, depression and anxiety
- [Eucalyptus Oil](#) – boosts immune system, eases pain, insect repellent
- [Clary Sage Oil](#) – antidepressant, antifungal, soothing



[Aromatherapy May Help Ease Agitated Behavior in Older Adults With Dementia](#)



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[Aromatherapy Helps Thyroid Cancer Patients](#)



[Lavender Aromatherapy Shown to Improve Sleep and Anxiety](#)

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AUTISM



Microbiota Transfer Therapy has Long-Term Benefits for Autistic Children

Written by Joyce Smith, Staff Writer. Comparing an original open-label trial of MTT to a two-year follow-up study revealed that significant improvements in ASD symptoms of participants carried over and even improved further at the end of the two-year follow-up. [Read more »](#)



Lavender Oil Shows Therapeutic Efficacy for Generalized Anxiety Disorder

Written by Angeline A. De Leon, Staff Writer. Lavender oil, at both high and low doses, significantly improved symptoms of anxiety in patients with generalized anxiety disorder compared to placebo and exhibited adverse events that were comparable to placebo and lower than for active paroxetine, the active control. [Read more »](#)



Oral Myoinositol and D-Chiro-Inositol Does not Reduce Incidence of Gestational Diabetes Mellitus

Written by Halima Phelps, Staff Writer. This study showed that an inositol combination given in early pregnancy did not reduce the incidence of GDM in women with a family history of diabetes. [Read more »](#)



Physical Activity Improves Biomarkers of Autosomal Dominant Alzheimer's Disease

Written by Joyce Smith, Staff Writer. Individuals with familial AD mutations who exercised more than 2.5 hours per week had significantly better cognitive and functional performance and significantly less AD-pathology in their cerebrospinal fluid than those who exercised less. [Read more »](#)



Cynanchum wilfordii Extract Exerts Regulatory Effect on Cholesterol

Written by Angeline A. De Leon, Staff Writer. Cynanchum wilfordii ethanolic extract at both low and high doses significantly reduced total cholesterol, apolipoprotein B, and cholesteryl ester transfer protein levels in subjects with high low-density lipoprotein cholesterol. [Read more »](#)

SUPPLEMENT FACT

Between 2013 and 2020, a cumulative savings of \$30.95 billion in healthcare costs could be realized if all U.S. adults aged 55+ diagnosed with age-related macular degeneration or cataracts were to supplement with lutein and zeaxanthin.

From The Council for Responsible Nutrition



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