

# ESSENTIAL OILS and FIRST AID

Helping people in first aid circumstances is serious business and one should know their capabilities as they get involved. Herbal and essential oil remedies have been effectively treating people in these situations since there have been injuries to treat. One should wholeheartedly hone their skills, know how and when to ask for help, and to take time to study with knowledgeable persons.

First aid situations have a habit of foisting themselves upon us at unpredictable moments and so you may find yourself involved no matter what your skill level may be. Please seek opportunities to learn this eons-old craft whenever possible. The service of being a calm, sensible, knowledgeable person in often chaotic and painful situation is a gift to offer to our communities.

The First Aid suggestions here are not intended to treat, diagnose or prescribe. They are intended for your better understanding of using essential oils in situations where injury has occurred. Seek qualified medical assistance as soon as possible to avoid unnecessary complications. NOTE: it is always good practice to have an *essential oil pocket reference book* in your first aid kit, good ones are available at: <http://AbundantHealth4u.com> or <http://essentialscience.net>

## How do you know if your essential oil can be taken internally?

Read the label!!! If there is a “white” colored “Supplement Facts” box on the label and directions for internal dosage, then yes they can be used internally as well as topically. When putting essential oils in a capsule also add a little food-grade carrier oil). Beware: about 98% of the essential oils on the market are not fit for internal use – choose the essential oils for your First Aid Kit wisely!

**Abdominal Pain** - DiGize (Topical or Internally)

**Acid Upset** - Sulfurzyme

**Asthma** - Ravensara, Chamomile, Eucalyptus radiata, Idaho Balsam Fir, Peppermint, Thyme, Lemon, Lavender, Mountain Savory. Blends: Di-Gize, Purification, Thieves, Raven, R.C. (Topical soles of feet. Internal drops in capsule)

**Bacterial Infection** – Thieves, Mountain Savory, Lemongrass, Oregano, Thyme

**Bee Sting** - Lavender, Thieves (apply one drop topically)

**Blisters** - Lavender, Sandalwood, Melissa, Tea Tree, Chamomile. Blends: Purification, Melrose (topically)

**Blurred Vision** - Helichrysum, Lavender, Peppermint, Aroma Life, PanAway (topically to neck, crown, inhaled)

**Bone (Bruised or Broken)** - Helichrysum, Lemongrass, Peppermint, Idaho Balsam Fir, Clove, Ginger. Blends: AromaSiez, PanAway, Aroma Life, Relieve It, Melrose. (topically mix 50/50 with carrier, on location)

**Bruising** - Cypress, Helichrysum, Lavender, Geranium. (Topical: neat or diluted)

**Burns** - see below

**Comma** - Frankincense, Sandalwood, Cypress, Peppermint, Idaho Balsam Fir. Blends: Trauma Life, Valor. (Diffuse, inhale, Topical: dilute 50/50, 3-5 drops on temples, neck and shoulders)

**Connective Tissue Trauma** - Torn or inflamed tendon. Muscle: Basil, Lavender, PanAway. Ligament: Lemongrass, Helichrysum, Lavender, PanAway. Tendons: Lavender, Lemongrass. Spasms: AromaSiez with OrthoEase Massage Oil. Bone: Wintergreen, Idaho Balsam Fir, PanAway (Topical)  
Supplement: SuperCal and BLM

**Diarrhea** - Peppermint, Ginger, Mountain Savory, Clove, Lemon (internal: a couple drops in capsule with carrier oil)

**Dizziness** - Cypress, Tangerine, Peppermint, Basil. Blends: AromaLife, Brain Power, Thieves (a drop rubbed on temples and back of neck)

**Dysentery** - Lemon, Mountain Savory, Oregano, Peppermint. Blends: Thieves, Di-Gize. (few drops in capsule)

**Epilepsy** - Clary Sage, Valor, Brain Power (Topical 4 times a day, dilute 50/50, back of neck, back, soles of feet)

**Fainting** - Melissa, Peppermint, Sandalwood, Spearmint, Brain Power, Trauma Life (inhale)

**Fever/Chills** - Peppermint (a couple drops applied to soles of the feet)

**Food Poisoning** - Tarragon, Patchouli, Rosemary. Blends: Di-Gize, Exodus II, Thieves. (internal couple drops in capsule)

**Flatulence** - Peppermint, Fennel, Tarragon or Di-Gize blend (internal: a couple drops of any in capsule)(Topical: dilute 50/50 with carrier oil)

**Gangrene** - get immediate medical attention. Oregano, Lavender, Mountain Savory, Thyme, Ravensara. Blends: Exodus II, Thieves, Melrose. (Dilute 20-80, 2-4 drops on area, 3-5 times daily. Compress, warm, 3 times daily every other day.

**Hay Fever** - Lavender, Chamomile. Blends: Harmony, Valor, Juva Cleanse (Inhale. Internal a couple drops in capsule)

**Heartburn** - Peppermint, Ginger, Spearmint, Lemon. Blends: Di-Gize, EndoFlex, JuvaTone. Supplement: Alkalime

**Heart Attack** - get medical attention immediately. Goldenrod, Lavender, Idaho Tansy. Blend: Aroma Life (Topical: heart VitaFlex points see desk reference)

**Hemorrhage** - apply pressure with Helichrysum, Geranium, Cypress, Lavender, Myrrh (1-2 drops on location)

**Lyme Disease / Rocky Mountain Spotted Fever** - Thyme, Oregano, Clove, Melissa. Blends: Melrose, Thieves, Exodus II (internally)– PanAway (topical)

**Memory, Impaired** - Basil, Peppermint, Rosemary, Clary Sage, Frankincense (topical, internal) Blends: Brain Power, Clarity, Valor. (Topical)

**Nausea/Vomiting** - Patchouli, Peppermint, Ginger (Topical: dilute 50/50 1-3 drops behind each ear, over navel)

**Neutralizing** - Cinnamon, Peppermint

**Nose Bleed** - Helichrysum, Geranium, Lavender (Topical over bridge of nose)

**Sinus Headache** - Rosemary, Melaleuca, Lavender, Lemon, Geranium. Blends: Melrose, R.C., Purification (Inhale. Topical 2-5 times daily)

**Sluggish Digestion** – Ginger (Internal). Supplement: Life 5

**Snake Bite** Clove, Thieves Spray (Topical: 50/50 2-3 drops on location every 15 minutes until medical help is available)

**Stomach Cramps** (from food) - Rosemary, Ginger, Basil (Internal)

**Stroke** - Helichrysum, Cypress, Peppermint, Clove, Lemon, Tangerine. Blends: Thieves, Longevity, ImmuPower, Aroma Life, Brain Power. (Dilute 50/50, 1-3 drops on temples, forehead, mastoids, back of neck, base of throat, soles of feet)

**Tight Gastric Episodes from Nausea, Food Poisoning, Queasiness** – Peppermint, Di-Gize, Ginger (Topical, Internal)

## **Panic/Trauma**

Essential Oils Emotional Trauma - Trauma Life, Ginger, Chamomile, Lavender, Melissa, Myrrh, Rose, Sage, Valerian, Idaho Balsam Fir, Valor, Lemon (a drop in the palm rubbed across forehead and crown)

## **Headaches**

Essential Oils - Lavender, Peppermint, M-Grain (Topical)

## **Respiratory**

Essential Oils - R.C., Raven, Cypress, Eucalyptus, Thyme, Tea Tree (Melaleuca), Cedar, Peppermint (Topical)

Supplement - Inner Defense

## **Pain**

Essential Oils - PanAway, Motivation (antispasmodic), Valerian (Topical)

Anesthetic Action - Clove, Cayenne (only use diluted)

Antispasmodics - Motivation, Valerian

Antiseptic/Antimicrobial - Thieves, Myrrh, Tea Tree (Melaleuca),

Antiinflammatory - Chamomile, Ginger

Astringent (counteracts or reduces inflammation) - Geranium, Rose

Hemostatic - Cayenne, Cinnamon (only use diluted)

## **Animal Bites and Scratches**

Animal bites and scratches should be treated promptly and aggressively, especially if they are deep enough to draw blood, as bacteria are often deposited into these wounds leading to secondary bacterial infection.

### **Categories for treating bites and scratches:**

1. Absorbents - bind with infectious organisms. Toothpaste, Clay
2. Anti-inflammatories - reduces inflammation
3. Antimicrobial - kill infectious agents. R.C., Lemongrass, Thieves
4. Antiseptics - cleanse wounds. All essential oils are antiseptic.
5. Astringent - tighten tissues.
6. Immunostimulant - stimulates immunity.
7. Pain Relievers - Valerian, Clove
8. Hemostatics - arrests bleeding - Helichrysum
9. Trauma Aids - reduces emotional shock and restores mental balance. Trauma Life, Chamomile, Lavender
10. Vulneraries - aids tissue recovery. Helichrysum, Lavender, Geranium

### **Therapeutic Approaches to Animal Bites and Scratches**

1. Treat obvious symptoms - bleeding (hemostatics) and pain.
2. Apply immuno-stymulating and antimicrobial oils.
3. Soak, apply, or compress to affected part twice daily for 3-4 days.
4. Apply bandage, taking the pressure of further inflammation into account.
5. Internal antibiotics and Immune stimulating - Inner Defense, Thieves, Lemon
7. Unwrap twice a day checking for signs of infection. Apply fresh dressing after each unwrapping.

## **Spider Bites**

### **Black Widow**

Get victim to hospital immediately. Rub Lavender on bite location every 2-3 minutes until you reach the hospital.

### **Brown Recluse**

Seek immediate medical attention. Purification, Thieves (1 drop of either every minute until you reach the hospital)

## **Trauma and Wound Care**

1. Level-headedly assess any trauma situation for its potential seriousness. Decide your priorities and seek or send for help if warranted.
2. USE CAUTION when moving anybody who has suffered a fall or accident. If they have a spinal or neck injury moving them can worsen their injury considerably.

3. If working with other people's blood, saliva, pus or other bodily secretions, protect yourself by wearing disposable gloves.
4. After initially testing a remedy and finding it acceptable, increase dosage cautiously while supervising their condition and tolerance. REMEMBER: essential oils are highly concentrated and potent, one drop goes a very long way.
5. When using tinctures containing alcohol or ethanol, ask the patient if they have an allergy or strong reaction to such mixtures.
6. Ask the patient if they have any allergies to any plants or herbs.
7. Test remedies for acute pain situations with a one-drop dosage.
8. Learn and practice wound wrapping techniques.
9. When choosing remedies, consider the herbal categories to draw your selection.
10. Always remember to DILUTE with a carrier oil any essential oil that is considered "HOT" or when assisting children. Hot oils are: Clove, Cinnamon, Thyme, Oregano, Cayenne, Black Pepper. However, a carrier oil should NOT be used in a situation where an open wound is the injury.
11. In a trauma situation, find a competent person to assist/run for help if needed.
12. Individual adverse reactions to pain relieving herbs are common. When initially administering essential oils internally (and only those that can be taken internally) start with a one-drop dosage of tincture or apply a couple drops on the soles of the feet (remember: if in doubt apply an essential oil, chose the soles of the feet).
13. Do not apply Peppermint to an open wound!

### **Nervine Tea/Drink/Capsule**

Essential Oils - Melissa, Chamomile ( 1- 2 drops is usually sufficient)

### **Anti-infection Tea/Drink/Capsule**

Essential Oils - Thieves, Lavender, Mountain Savory, Lemon, Clove (1-2 drops of Clove for an adult is usually sufficient).

### **Cold and Flu**

Immune Booster and Antibiotic Substitute essential oils - Lemon, Mountain Savory, Cinnamon and Oregano in capsule.

Natural Antibiotic Capsule - Lemon (10 drops), Mountain Savory (8 drops), Oregano (3 drops).

Or, Clove (8 drops), Thyme (5 drops), Oregano (5 drops).

Anti-fungal essential oils - Thieves, Cinnamon, Oregano (all of these oils can be considered hot, using a carrier oil is suggested).

### **Influenza**

Influenza is a viral infection, conventional antibiotics are ineffective against viruses.

Anti-microbial capsule - Thieves (8 drops), Oregano (4 drops), Frankincense (2 drops).

## **Broken Bones**

A health professional should always be involved with setting of a broken bone. This blend applied topically can help speed bone mending: Wintergreen (10 drops), Helichrysum (3 drops). Lemongrass (2 drops), Pine (3 drops), Ginger (4 drops), Vetiver (4 drops) (apply 2 -8 drops on break area, watch for skin sensitivity, add carrier oil if needed.)

## **Burns**

All burns can be serious, therefore seek medical attention if necessary. If the burn is large or severe the victim may go into shock. Inhaling essential oils may help reduce shock.

### **First-Degree Burns (Sunburn)**

Essential Oils - Lavender, Helichrysum, Rose, Melaluca ericfolia. Blends: Gentle Baby, Melrose. (Topical: neat or dilute 50/50)

Spray with LavaDerm Cooling Mist immediately and as necessary to cool the area. Use Lavender-Rosewood Soap or Peppermint-Cedarwood Bar Soap only after burn has started to heal 24-48 hours.

### **Second-Degree Burns (Blisters)**

Spray immediately with LavaDerm Cooling Mist 4-5 times every hour and follow with 2-3 drops of Lavender essential oil. On days 2-5, mist every hour and follow with 2-4 drops of Lavender essential oil. Continue using LavaDerm 3-6 times a day until healed. Apply Rose Ointment to keep tissue soft.

### **Third-Degree Burns**

Seek immediate medical attention.

Spraying LavaDerm on the burn every few minutes for the first 24 hours will help tissue rehydrate. Applying Lavender essential oil after misting will help the healing process.

## **ESSENTIAL OIL CHOICES – CHOSING WISELY**

Not all essential oils are created equally. It is extremely important that you ONLY use “therapeutic-grade” essential oils. One should NEVER expect to get positive or even good results with a lesser quality essential oil.

Information here is excerpted from *The Essential Oils Desk Reference* 4<sup>th</sup> edition

*Disclaimer: this handout is for educational purposes only. It is not intended to diagnose, treat or prescribe. Please consult your health care provider when you or someone you know is injured.*