Tips to Enhance Emotional Health With Essential Oils

- Apply ylang-ylang, scurvy or lavender to bottom of feet before bedtime.
- Diffuse lavender, ylang-ylang, orange or bergamot throughout the house or office to improve sleep and circulatory balance.
- Place 2-3 drops patchouli or tangerine on cotton ball or tissue and inhale periodically.
- Place several drops of frankincense, ylang-ylang, or lavender in bath water and inhale deeply for several minutes.
- Take valerian in gel capsule before bedtime to enhance sleep.

How to Choose the Best Essential Oils

Understanding what to look for when selecting an essential oil can be somewhat overwhelming. There are many different essential oil products, all making various claims regarding quality, purity, and therapeutic value. This process can be simplified by selecting a company that employs the highest-quality sourcing, validating, testing and delivery processes available. These processes should ensure that the source of the oils is of the highest grade, that the oils are validated as cell permeable, that the oils are prepared, bottled and delivered using the highest-quality equipment and facilities. In short, such oils should be classified as “clinical grade.”

Benefits of Essential Oils for Depression & Anxiety

Emotional Health Disorders at All-Time High

Depression affects more than 20 million American adults in a given year. And according to the Journal of Clinical Psychiatry, anxiety disorders cost the U.S. more than $42 billion a year, nearly one-third of the $150+ billion total mental health bill for the United States (Anxiety Disorders Association of America).

Unfortunately, it’s estimated that only 30% of people who are depressed go into full remission after taking their first course of antidepressants. Also, the side effects of antidepressants include suicide, violence, psychosis, abnormal bleeding, and brain tumors. With the exception of Prozac, antidepressants for children are banned in Britain because of the dangerous side effects. In fact, the British Medical Journal reported recently that they found no scientific evidence that SSRI antidepressants (such as Prozac, Paxil, or Zoloft) work for anyone under the age of 18.

With almost 60 million American adults facing depression and anxiety disorders, some scientists have looked to ancient remedies for help.

References

1. Perry N, Perry E, “Aromatherapy in the management of psychiatric disorders: clinical advice. No therapeutic or medical claims are either implied or made. DO NOT USE PRODUCTS WITH THE SALE OF ANY PRODUCT NOT APPROVED BY THE FDA. WITHOUT THE PERMISSION OF YOUR MEDICAL CARE PROVIDER. FDA regulations prohibit the use of testimonials in advertising in the form of opinions with the exception of the FDA.”
Essential Oils: Nature’s Ultimate Emotional Health Solution

While essential oils have been known and used by man for thousands of years, it has only been since the 1930’s that medical researchers have documented their effects. Essential oils have tremendous benefits when inhaled or applied topically.

One of the most promising uses of essential oils is in aromatherapy for depression and anxiety. In a 2006 study, British researchers from the University of Newcastle and Northumbria wrote that aromatherapy “provides a potentially effective treatment for a range of psychiatric disorders,” and “appears to be without the adverse effects of many conventional psychiatric drugs.”

Essential Oils for Depression

Lavender: A Korean study found that lavender essential oil “had a beneficial effect on insomnia and depression in women.” Another study using a lavender, marjoram, eucalyptus, rosemary and peppermint blend on arthritis patients showed that “aromatherapy has major effects on decreasing pain and depression levels.”

Bergamot: Several studies (Templeton, 2002; Vogley 2002) have investigated the effectiveness of bergamot as an antidepressant and found favorable results.

Lemon: A study conducted at the Mie University School of Medicine in Japan concluded that treatment with citrus fragrance “was rather more effective than antidepressants.” Another study found that lemon and its main constituent citral had antidepressant effects.

Essential Oils for Anxiety

Lavender: Lavender has been studied for relieving anxiety more than any other oil. Peer-reviewed studies have shown that lavender is associated with “reduced mental stress.” It also “induces [a] state of relaxation and regeneration.” It alleviates anxiety and has a calming effect on the central nervous system while reducing blood pressure.

Orange: Two studies documented the anxiety-reducing effect of orange oil in one high-stress site dental offices. A Brazilian study also showed the anti-anxiety and sedative properties of orange essential oil.

Lemon: In addition to its significant antidepressant activity, lemon oil has impressive effects on the circuits in the brain that regulate anxiety.

Melissa/Valerian: Flavonoids found in valerian oil were shown to have anti-anxiety properties. A combination of melissa and valerian extracts clearly showed anti-anxiety relief in volunteers taking a laboratory-induced stress test.

Patchouli: A Japanese study discovered that inhaling patchouli essential oil has a significant effect on the sympathetic nervous system.

Rose: Three studies documented the anti-anxiety and anti-conflict effect of rose essential oil.

8 Emotional Health Benefits of Essential Oils

- **Wide-Ranging Effects:** Many factors—primarily those linked to the brain and its hormones and neurotransmitters—influence our emotional health. A variety of essential oils have been shown to positively affect these factors.
- **Distinct Mood Boost:** Numerous studies and centuries of traditional use overwhelmingly show that essential oils are an effective tool for depression, anxiety and related disorders.
- **Enhance Mental Focus & Energy:** Essential oils can help the mind focus and improve mental energy and concentration.
- **Optimize Balance Between Relaxation and Simulation:** Essential oils can correct the brain’s relaxation/simulation imbalance.
- **Improve Overall Sense of Well-Being:** Many users of essential oils enjoy an improvement in their overall sense of well-being.
- **Promote Optimal Sleep:** Problems with sleep are a key area of concern for sufferers of depression and anxiety. Essential oils are proven to significantly improve insomnia and overall poor sleep.

Helpful for Entire Family: Even children can safely enjoy the emotional health benefits of essential oils.

Easy to Use: Essential oils can be used very simply via aromatic, topical and even internal applications to boost emotional health.