



## ESSENTIAL OILS IN SYSTEMATIC KINESIOLOGY PRACTICE

This article is meant as a brief overview of Essential Oils and how to use them safely in your Systematic Kinesiology or other natural health practice. If you would like further information on this subject or information about Essential Oils test kits then please contact the author directly: **Jeni Howland** at [jeni@amberwellness.net](mailto:jeni@amberwellness.net)

As a Systematic Kinesiologist we are used to working with food substances, nutritional supplements, Bach Flower Remedies and other remedies. If you don't already, then adding Essential Oils in your SK practice can be hugely beneficial but they must be used with care. You don't need an Aromatherapy qualification to use them safely but you do need a certain amount of information and there are some simple qualifications and plenty of online resources and books available that can give you the basic understanding to use these powerful tools safely and effectively.

### WHAT ARE ESSENTIAL OILS?

Essential oils (EOs) are organic compounds extracted from plants – from bark, fruit, seed, leaf, flower or root. They are created by separating the oil and water compounds to be left with a highly concentrated oil containing the most potent healing properties of the plant. Using an essential oil is like utilising the defence mechanism of that specific plant to target specific ailments in the body with incredible healing potential. I have listed below some common ailments and their corresponding EOs as well as emotional links with EOs.

### HOW TO USE ESSENTIAL OILS

It is vitally important that only EOs of the highest natural and therapeutic quality are used for therapeutic purposes. This is why I use doTERRA EOs. This company assures that the oils are of the highest quality. Crops are grown in their natural regions in natural ways in line with fair-trade practice, supporting the land and the communities from which the crops come. doTERRA also ensure that the EOs that make their way into your hands are processed with natural and non-toxic methods and are not contaminated with any other oil blending or any toxic compounds.

Benefits of EOs can be gained by three main methods, but not all oils are suitable to be used in all three ways, which are detailed further bellow:

1. Aromatically: inhaled from the bottle or diffused
2. Topically: applied to the skin
3. Internally: ingested

### HOW ESSENTIAL OILS DIFFER TO TAKING SUPPLEMENTS OR HERBS

In simple terms there are two important points here:

- It is important to respect the potency of EOs. E.g. It takes approx 13.5kg of Lavender to make a 15ml bottle of doTERRA Lavender EO. There are approx 250 drops in a 15ml bottle. That means there are 54g of lavender in every single drop! This stuff does not need to be splashed around liberally!  
A single drop is often enough or a few drops diluted in a carrier oil such as coconut oil.



- The molecular structure of EOs is such that they are comprised of tiny compounds which can cross membranes effectively and quickly and some can even cross the blood brain barrier (thus the use of frankincense EO for brain tumours, brain cancer etc). This is different to other fatty oils which have different therapeutic benefit as they do not penetrate so deeply in the body. Due to this deep and efficient penetration in the body, EOs absorb and quickly and are metabolised very quickly.

## **BENEFITS OF AROMA**

The olfactory bulbs work closely with the amygdala and the hippocampus and thus, smells directly affect the parts of our brain that deal with memories and emotion. The sense of smell has a powerful ability to unlock emotional triggers. Thus I use a basic set of EOs and test against emotions and also chakra imbalances. Once the priority EO has been identified the client can simply take a smell as part of the relevant “fix” process. This can be very powerful and can release emotions quickly in just the same way as any other significant physical, emotional or energetic treatment.

## **BENEFITS OF APPLICATION**

Topical application of EOs to the skin can provide more focused use. Eg, directly onto the skin surrounding a painful muscle; on the belly for gut issues; on the skin for burns or spots. This means that the EO can get to the affected area directly and efficiently. Because of the small molecular structure of EOs, they are volatile compounds that distribute through the body and metabolise very quickly. After Topical application, EOs will be in the blood stream within about 20 minutes and will be cleared out of the body within a few hours. Because of this, if dealing with a systemic issue it is effective to apply on the feet where they can be absorbed swiftly and utilised throughout the body easily. Application can be repeated regularly to treat an ongoing symptom, in which case the client should be advised to follow up topical application with drinking a glass of water to assist with the metabolising.

## **USING ESSENTIAL OILS INTERNALLY**

As an SK practitioner you may have experience of using some EOs internally: eg clove or oregano for combating viruses or parasite problems. It is super important to note that this should only be done with caution (refer back to my note about potency of each single EO drop). And also the importance of using EOs that you trust to be 100% natural and pure.

There is plenty of information available about using EOs internally and I can provide information if you would like more. But if you are unsure, it is always better to err on the side of caution. Topical application can be just as beneficial as the EOs will penetrate into the body easily.

### **Reference books:**

Modern Essentials book by AromaTools

Emotions & Essential Oils book by Enlighten Alternative Healing

### **Online reference:**

<https://doterra.com/US/en/brochures-magazines-living-fall-2013-use-and-bioavailability-of-essential-oils>

<https://draxe.com/essential-oils-guide/>

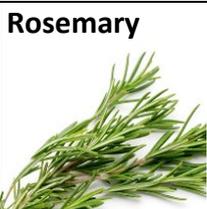


## ESSENTIAL OILS / AILMENTS / EMOTIONS – page 1 of 2

Essential Oil	Ailments	Emotion - Negative	Emotion - Positive
<b>Clove</b> 	powerful anti-bacterial, anti-parasitic and antioxidant; relieves tooth pain; should be used sparingly	<b>The Oil of Boundaries</b>	
		Addiction; victim mentality; powerlessness; intimidated; controlled; past childhood trauma or patterns of abuse	courage to say “no”; independent; personal integrity; clear boundaries
<b>Frankincense</b> 	Builds immunity; reduces inflammation; supports brain function; may help fight cancer; reduces age spots, scars and stretch marks; heals bruising	<b>The Oil of Truth</b>	
		Abandonment; delusion; spiritual darkness; disconnection with father	Reveals deceptions, false truths and truth; spiritual connection; connection to masculinity; wisdom
<b>Ginger</b> 	Reduces inflammation; supports joints; helpful for reducing menstrual discomfort; improves digestion and relieves nausea	<b>The Oil of Empowerment</b>	
		Victim; powerlessness; unwilling to take responsibility for self or own life	Commitment to self, to life, to a purpose; courage to say “yes”; accountability; empowerment
<b>Grapefruit</b> 	Supports metabolism and cellulite reduction; can assist with addiction withdrawal	<b>The Oil of Honouring the Body</b>	
		Hate of the body; eating issues or disorders; anxiety over appearance	Respect for the body; feeling nourished; ability to nourish one’s self
<b>Helichrysum</b> 	Helps bleeding and bruises; powerful anti-viral; reduces inflammation	<b>The Oil for Pain</b>	
		Pain; hopelessness; trauma; despair	Heals pain, trauma, loss and abuse; hope and perseverance
<b>Lavender</b> 	Helps with relaxation; reduces anxiety; helps to sleep; heals burns, cuts, rashes, stings; anti-parasitic	<b>The Oil of Communication</b>	
		Fear of being seen or heard; inability to express one’s self; rejection; unlovable;	Open communication; emotional honesty; being heard; unconditional love
<b>Lemon</b> 	Great to use in homemade cleaning products; powerful antioxidant; improves lymph drainage; cleanses the body; can help to balance blood pressure	<b>The Oil of Focus</b>	
		Confusion; learning difficulties; mental fatigue	Alertness; mental clarity; rational



ESSENTIAL OILS / AILMENTS / EMOTIONS – page 2 of 2

Essential Oil	Ailments	Emotion - Negative	Emotion - Positive
<b>Melaleuca (Tea Tree)</b> 	natural anti-bacterial; anti-fungal; can prevent, reduce and fight infections; can help stimulate the immune system; reduces bad odours; clean air of pathogens and allergens	<b>The Oil of Energetic Boundaries</b>	
		co-dependency; weak willed; toxic / parasitic relationships	Clear and stable energetic boundaries; honouring own personal space; resilient
<b>Oregano</b> 	Powerful anti-microbial properties; can kill fungus and help you kick a cold fast; if used internally then should be used sparingly	<b>The Oil of Humility &amp; Nonattachment</b>	
		attached; materialistic; excessively wilful; opinionated	Humility; willingness to be taught; willingness to be wrong; nonattachment
<b>Peppermint</b> 	Supports digestion and relieves digestive discomfort; improves focus; boosts energy; reduces fever; reduces pain and tension in muscles, joints and headaches; clears sinuses; Increases absorption of other oils; improve hay-fever, asthma and bronchitis	<b>The Oil of a Buoyant Heart</b>	
		Despair; pessimism; sense of suffocation; needing relief/respite from general low mood	Buoyant; optimism; clarity; relieved
<b>Rosemary</b> 	Improves brain function and memory; helps respiratory issues; can naturally thicken hair so it is great to add to homemade shampoos	<b>The Oil of Knowledge &amp; Transition</b>	
		Ignorance; discomfort during change; resistance or fear of change in situations and in information	knowledge and wisdom; inspired; intuitive

**CONTRAINDICATIONS**

**Pregnancy:** Basil, cinnamon, clary sage, clove, cypress, fennel, jasmine, juniper, marjoram, myrrh, peppermint, rose, rosemary, sage and thyme

In most cases, these oils are completely healthy but because they can effect hormones they are not recommended at this stage.

**Heart medications** (blood thinners): Clary sage, cypress, eucalyptus, ginger, rosemary, sage and thyme.

**Asthma:** Wintergreen (doTERRA Deep Blue Blend)

**Epilepsy:** Eucalyptus (Lavender is sometimes cited as being a contraindicator for Epilepsy, however this appears to only be the case for synthetic Lavender – not pure Lavender Essential Oil)

If you come across any other significant contraindications or red flags then please let me know and I shall update this list.