

The background of the slide is a dark blue color with a faint, artistic illustration of lavender plants. The plants have green stems and leaves, and several tall, thin spikes of small purple flowers. The text is overlaid on this background.

Essential Oils: Uses in Headache Disorders

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Disclosures

- ▶ I am not a physician and cannot answer disease specific questions.
- ▶ Information from this talk is not intended to replace your current medication, medical plan of care, or the advice of your licensed healthcare professional.
- ▶ **These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**
- ▶ Current organizational positions:
 - ▶ Executive Board of Directors, Miles for Migraine
 - ▶ Patient Advisory Board, Miles for Migraine
 - ▶ Patient Leadership Council, National Headache Foundation
 - ▶ Headache on the Hill Advocate for Arizona and Texas
- ▶ Former organizational position:
 - ▶ Treasurer, American Headache & Migraine Association
- ▶ Current International Aromatherapy Associations:
 - ▶ National Association of Holistic Aromatherapy
 - ▶ Alliance of International Aromatherapists
 - ▶ International Aromatherapy and Aromatic Medicine Association
- ▶ I receive compensation from Young Living



Headache Types & Oils For Support

- ▶ Migraine
- ▶ Abdominal migraine
- ▶ Tension-type
- ▶ Cluster
- ▶ Trigeminal neuralgia
- ▶ Neuritis (occipital, supraorbital)
- ▶ Sinus
- ▶ Rebound



Headache Types & Oils For Support

- ▶ Migraine - (T/A) - basil, peppermint, copaiba, lavender⁴
- ▶ Abdominal migraine – (T) lavender, ginger, German chamomile, sweet orange
- ▶ (I) lemon, peppermint, basil
- ▶ Tension-type - (T) - Idaho blue spruce, Idaho balsam fir, wintergreen, peppermint³
- ▶ Cluster - (T/A) - frankincense (carterii), German chamomile, Helichrysum
- ▶ Trigeminal neuralgia – (T/A) - frankincense (carterii), Idaho balsam fir
- ▶ Neuritis (occipital, supraorbital) – (T/A) - wintergreen, peppermint, copaiba
- ▶ Sinus – (T/A) - Eucalyptus globulus, Eucalyptus radiata, peppermint
- ▶ Rebound – (A) - Eucalyptus globulus, rosemary, frankincense (carterii)

* (I) Internal, (T) Topical, (A) Aromatic

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Common Migraine Symptoms

- ▶ Brain fog
- ▶ Fatigue
- ▶ Muscle tightness
- ▶ Anxiety
- ▶ Nausea
- ▶ Pain



Common Migraine Symptoms

- ▶ Brain fog – (T/A) – peppermint^{3,49,50,51,53}, Idaho blue spruce, frankincense (sacra)
- ▶ Fatigue – (T/A) – peppermint⁵⁰, nutmeg, lemongrass
- ▶ Muscle tightness – (T) - Idaho blue spruce, Idaho balsam fir, wintergreen^{57,58}, peppermint^{8,9,54}, Eucalyptus globulus⁵⁴
- ▶ Anxiety – (T/A) – lavender (I)^{2,6,25,26,27,28,29,30,34,36,40,55,59}, Roman chamomile^{5,6,55}, blue tansy, cedarwood
- ▶ Nausea – (I/T/A) – peppermint^{7,22,23,47}, ginger^{22,23,24}, patchouli (vomiting)
- ▶ Nerve pain – (T) - wintergreen, peppermint, marjoram, copaiba

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Common Migraine Triggers

- ▶ Seasonal allergies / hay fever
- ▶ Sinus issues
- ▶ Sleep issues
- ▶ Gut health
- ▶ Stress
- ▶ Hormones
- ▶ Strong odors



Common Migraine Triggers

- ▶ Seasonal allergies / hay fever – (T/A) combo of lavender, lemon⁴⁵, and peppermint
- ▶ Sinus issues – (T/A) – peppermint, dorado azul, Eucalyptus globulus
- ▶ Sleep issues – (T/A) – lavender^{2,35,36,37,42,43,44}, valerian, cedarwood, Roman Chamomile^{5,56}
- ▶ Gut health – (I/T) – peppermint⁵², ginger, cumin, lavender^{31,32,60}
- ▶ Stress – (T/A) – lavender^{38,39}, Roman chamomile⁵⁵, blue tansy, cedarwood, valerian
- ▶ Hormones – (T) – Female: clary sage¹⁰, basil, Idaho blue spruce
Male: Idaho blue spruce, rosemary, sage
- ▶ Strong odors – (A) (1 drop on mask) peppermint, lemongrass

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Factors In Oil Ineffectiveness

- ▶ Poor quality
 - ▶ Warning signs:
 - ▶ “Flammable” (few oils have a low flash point, e.g.: frankincense / *Boswellia carterii*, sacred frankincense / *Boswellia sacra*)
 - ▶ “Aromatic Only”
 - ▶ “Do not ingest” on edible plant oils, not food grade quality
 - ▶ Expiration Date
- ▶ Incorrect quantity
 - ▶ Know how much is too much or too little
 - ▶ Frequency of application
- ▶ Incorrect application
 - ▶ Choose method appropriate for your need
- ▶ Incorrect storage practices
 - ▶ Avoid direct sunlight
 - ▶ Avoid heat (do not leave in car or use in steam devices)
 - ▶ Shelf life and oxidation (citrus)



Application Methods

- ▶ Aromatically
 - ▶ Indirect diffusing (non electric)
 - ▶ Earrings
 - ▶ Necklace
 - ▶ Bracelet
 - ▶ Car vent clip
 - ▶ Direct inhalation
 - ▶ Cupping the nose
 - ▶ Directly from bottle
 - ▶ Diffuser (cold water mist device)



Application Methods

- ▶ Topical
 - ▶ On the skin (location matters)
 - ▶ Back of neck
 - ▶ Temples
 - ▶ Under nose
 - ▶ Behind / around base of ears
 - ▶ Forehead
 - ▶ Around navel
 - ▶ Reflexology, acupressure, chakra points
 - ▶ Bath
 - ▶ Massage



Application Methods

- ▶ Topical
 - ▶ Cautions:
 - ▶ Dilute properly based on specific oil and age
 - ▶ “Hot” oils are skin irritants (cinnamon, clove, peppermint, wintergreen, oregano...)
 - ▶ Sun and UV exposure: know which oils are phototoxic (citrus and a few others) and for how long (6, 12, or 24 hours)
 - ▶ Avoid eye area and other sensitive areas
 - ▶ Avoid if pregnant or lactating
 - ▶ Allergy to plant the oil is extracted from



Application Methods

- ▶ Internal
 - ▶ Cautions:
 - ▶ Food grade oils only
 - ▶ Only oils from edible plants (FDA GRAS [Generally Recognized As Safe] List)
 - ▶ Dilute with food grade carrier oil – avocado, coconut, grapeseed oil
 - ▶ 1 drop is generally sufficient
 - ▶ Capsules for targeted GI support
 - ▶ Regular
 - ▶ Delayed Release



Summary

- ▶ Biological preference - No one oil works for everyone
- ▶ Blends of oils tend to work better than a single plant oil
- ▶ Oils can be used before an attack
- ▶ “The sooner the better”
- ▶ Consistency is key
- ▶ Start low and slow
- ▶ Check for contraindications in current medicines and medical conditions
- ▶ Always notify your doctors of all supplements and essential oils you are taking



Resources

- ▶ Online:
 - ▶ Dr Axe
 - ▶ PubMed
 - ▶ FDA essential oil GRAS list
<https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/cfrsearch.cfm?fr=182.20>
- ▶ Evidence based reference guides:
 - ▶ Essential Oil Desk Reference – Life Science Publishing
 - ▶ Evidence-Based Essential Oil Therapy – Dr Scott Johnson
 - ▶ Essential Oils Ancient Medicine – Dr Josh Axe
 - ▶ Essentials – Lindsey Elmore, PHARM.D



Additional Recommendations

- ▶ Probiotics – aim for 10 strains, 10-20 million CFU, on empty stomach
- ▶ Read ingredient labels
- ▶ Eliminate toxins, reduce chemical burden on the body
 - ▶ “Green” ≠ plant based or non-toxic
 - ▶ Women, on average, use over 500 chemicals on their body daily
- ▶ Advocate for changes in healthcare, insurance, treatments, and legislation. If we don't, who will?
- ▶ Get involved with organizations and/or support groups



Thank you!

- ▶ Follow me at
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